Vancouver metro

WEDNESDAY, NOVEMBER 23, 2016

Open an HSBC Advance[1] chequing account, along with an HSBC Advance MasterCard® at your neighbourhood branch. You can use the reward to treat yourself or someone you love.

Get up to
$400*
when you join HSBC Advance

Visit your local HSBC Branch to get started.
Call 1-888-882-3329 or visit hsbc.ca/offer for more details.

HSBC Advance

*Terms and conditions apply. 1. HSBC Advance requires you to have an active HSBC Advance chequing account and maintain combined personal deposits and investments with HSBC Bank Canada and its subsidiaries of $25,000, or hold personal HSBC Bank Canada residential mortgage balances of $150,000 or greater. Some exclusions apply. A monthly fee of $25 may be charged if you do not meet these minimum balance requirements (fee may change from time to time). For full details regarding eligibility and any fees which may apply please refer to the Personal Service Charges/Statement of Disclosure available at any HSBC Bank Canada branch or online at www.hsbc.ca. 2. Subject to credit approval. If you elect the HSBC Advance Cash Back Rewards Program, the Welcome Bonus will be posted to your rewards account when you make the first transaction with your new HSBC MasterCard card following enrolment. If you are a resident of Quebec, you can have the Welcome Bonus posted to your rewards account by calling HSBC MasterCard Customer Care at the number listed on the back of your Card. 3. Subject to credit approval. If you elect the HSBC Advance Rewards Program, the Welcome Bonus will be posted to your rewards account when you make the first transaction with your new HSBC MasterCard card following enrolment. If you are a resident of Quebec, you can have the Welcome Bonus posted to your rewards account by calling HSBC MasterCard Customer Care at the number listed on the back of your Card. 4. Unlimited day-to-day banking includes cheques, withdrawals and deposits at HSBC Branches and ATMs in Canada, HSBC telephone and mobile banking (Canada), withdrawals at more than 3,300 ATMs on THE EXCHANGE® Network and Interac® debit purchases at retailers across Canada. ® MasterCard is a registered trademark of MasterCard International Incorporated. Used pursuant to license. Issued by HSBC Bank Canada.

What would you do with an extra $400?

TAKE OFF WITH MY ANGEL

Open an HSBC Advance[1] chequing account before December 30th 2016 at your neighbourhood HSBC branch and get up to $400*.

We're excited to announce this very special and limited time offer to our valued neighbours. **Get $300*** when you open an HSBC Advance chequing account between **November 7th and December 30th 2016**. Plus, if you also apply for an HSBC Advance MasterCard®, you may qualify for an additional Welcome Bonus of **$100[2]** or **10,000 bonus points[3]**.

Get up to
$400*
when you join HSBC Advance

Get $300* when you open an Advance chequing account

- Unlimited[4] day-to-day banking
- Dedicated Advance specialists available 24/7
- Act now. Offer valid only until December 30th 2016

Get a welcome bonus of $100 or 10,000 points

- No annual fee
- Select your choice of rewards: cash back or points rewards
- Purchase protection

$300
+ $100
$400*

Get up to $400 on us. Visit your local HSBC Branch for details.

HSBC Bank
2590 East Hastings St.
Vancouver,
V5K 1Z3

HSBC Bank
6373 Fraser St.
Vancouver,
V5W 3A3

HSBC Bank
4151 Hazelbridge Way
Richmond,
V6X 3L7

HSBC Bank
6800 No. 3 Road
Richmond,
V6Y 2C4

HSBC Bank
1196 Pacific Boulevard
Vancouver,
V6Z 2X7

HSBC Bank
5812 Cambie Street
Vancouver,
V5Z 3A8

HSBC Bank
6168 No. 3 Road
Richmond,
V6Y 2B3

HSBC Bank
1577 Lonsdale Avenue
North Vancouver,
V7M 2J2

HSBC Bank
1550 Marine Drive
West Vancouver,
V7V 1H8

HSBC Bank
41 Poco Pl., 2755 Lghd Hwy
Port Coquitlam,
V3B 5Y9

HSBC Bank
2nd Floor-4500 Kingsway
Burnaby,
V5H 2A9

HSBC Bank
100-885 West Georgia St.
Vancouver,
V6C 3G1

HSBC Bank
601 West Broadway
West Vancouver,
V7V 1H8

HSBC Bank
681 Main Street
Vancouver,
V6A 2V3

Call 1-888-882-3329 or visit hsbc.ca/offer for more details.

HSBC Advance

*Terms and conditions apply. 1. HSBC Advance requires you to have an active HSBC Advance chequing account and maintain combined personal deposits and investments with HSBC Bank Canada and its subsidiaries of $25,000, or hold personal HSBC Bank Canada residential mortgage balances of $150,000 or greater. Some exclusions apply. A monthly fee of $25 may be charged if you do not meet these minimum balance requirements (fee may change from time to time). For full details regarding eligibility and any fees which may apply please refer to the Personal Service Charges/Statement of Disclosure available at any HSBC Bank Canada branch or online at www.hsbc.ca. 2. Subject to credit approval. If you elect the HSBC Advance Cash Back Rewards Program, the Welcome Bonus will be posted to your rewards account when you make the first transaction with your new HSBC MasterCard card following enrolment. If you are a resident of Quebec, you can have the Welcome Bonus posted to your rewards account by calling HSBC MasterCard Customer Care at the number listed on the back of your Card. 3. Subject to credit approval. If you elect the HSBC Advance Rewards Program, the Welcome Bonus will be posted to your rewards account when you make the first transaction with your new HSBC MasterCard card following enrolment. If you are a resident of Quebec, you can have the Welcome Bonus posted to your rewards account by calling HSBC MasterCard Customer Care at the number listed on the back of your Card. 4. Unlimited day-to-day banking includes cheques, withdrawals and deposits at HSBC Branches and ATMs in Canada, HSBC telephone and mobile banking (Canada), withdrawals at more than 3,300 ATMs on THE EXCHANGE® Network and Interac® debit purchases at retailers across Canada. ® MasterCard is a registered trademark of MasterCard International Incorporated. Used pursuant to license. Issued by HSBC Bank Canada

No Tax
Friday, November 25th
On Most Items In-store. *See store for details.
REAL CANADIAN Superstore
big on fresh, low on price.

Vancouver metro

Your essential daily news | WEDNESDAY, NOVEMBER 23, 2016 | High 9°C/Low 7°C Rain

CANADIAN COLD SNAP BEYOND COM-PEAR
metroLIFE

$127.5 BILLION DISASTER

REPORT TALLIES COST OF MEGA EARTHQUAKE IN B.C.

metroNEWS

Feds welcomed back to chaotic housing game

CRISIS

Decision to step away in 1990s added to current mess

Jen St. Denis
Metro | Vancouver

Housing has never been more unaffordable in Vancouver: homelessness in the city is at a 10-year high, rents are soaring and renters are at increased risk of eviction and an entire generation has been locked out of home ownership as home prices soared over 30 per cent over the course of just one year.

Housing experts say the federal government's decision to step away from funding social housing and incentivizing rental construction in the early 1990s is one reason the situation has gotten so out of hand. Over the past 20 years, home prices zoomed ahead of average wage growth as both local and global investors were attracted to Canada's residential real estate market.

Now the feds are back, with a new National Housing Strategy taking shape. A new report on a months-long consultation process shows the strategy will focus on increasing rental, eliminating homelessness, helping those most in need and making housing more affordable.

But some B.C. experts argue government also needs to take aim at policies that have encouraged a small number of people to make big profits off of residential real estate, and encourage "homes first, investments second."

More coverage, p. 3

LOTTO 649 SUPER DRAW

NOVEMBER 23 & 26

56 GUARANTEED PRIZES
EACH DRAW

$1 MILLION

+

6 x $100,000

+

49 x $10,000

PLUS TODAY'S JACKPOT OF

$13 MILLION EST.

BUY YOUR TICKET AT PLAYNOW.COM

bclc

Know your limit, play within it. GameSense

19+

metro NEWS
Your essential daily news
Wednesday, November 23, 2016

BLACK FRIDAY
HOW TO USE TECHNOLOGY TO LOWER PRICE TAGS
BUSINESS

National housing strategy says nothing about investors

SHELTER

Critics wonder how young buyers can enter market

Jen St. Denis
Metro | Vancouver

Housing experts are giving a new report on Canada's National Housing Strategy high marks for focusing on rental housing, but say it fails to address the inequities that have been created by treating homes as investments.

"These people who are in these next generations now have difficulty accessing housing in the more expensive housing markets. So what are we going to do about that?" said David Hulchanski, a professor at University of Toronto's Centre for Urban and Community Studies.

"(The federal government) has to question basic parts of the housing system and I don't think they're willing do that."

The report released Tuesday summarizes the four months of consultation the federal government undertook with feedback from 7,000 Canadians across the country. The consultation will inform the federal government's National Housing Strategy, which will be released along with the federal budget in February 2017.

A builder works on a home in North Vancouver this year. JONATHAN HAYWARD/THE CANADIAN PRESS

At a news conference Tuesday, Jean Duclos, minister for children, families and social development, indicated that stimulating more rental housing construction will be a key part of the strategy.

> (Young people) are never referred to as one of those groups in the vulnerable category. Paul Kershaw

The federal government stepped out of the housing arena in the early 1990s. Penny Gurstein, director of the School of Community and Regional Planning at the University of British Columbia, welcomed that re-engagement. She believes the housing affordability crunch seen in many Canadian cities can't be solved without the involvement of the federal government.

"There has to be some way of the federal government inducing rental housing, and that was done before," Gurstein said, referring to federal incentives and tax credits available up until the 1980s to stimulate new rental construction. "Now what we need are new, improved mechanisms to do that."

Paul Kershaw, a UBC professor and founder of Generation Squeeze, which advocates for Canadians in their 20s, 30s and 40s, said he was disappointed to see little mention of the plight of younger Canadians. Canada's Gen-X and Millennial age groups have seen their wages stagnate while housing prices have continued to accelerate, Kershaw said.

"Seniors are referred to 27 times in the report and are routinely listed among the groups that are vulnerable in Canada's real estate market," he said. "By contrast, young people are only mentioned four times, and we are never referred to as one of those groups in the vulnerable category."

Kershaw said that the emphasis on rental housing in the report is positive, but like Hulchanski, would have liked to have seen a greater emphasis on the need to focus on "homes first, investments second."

"There's a vacuum in this housing consultation report around tax policy changes that need to be considered as we go forward," Kershaw said. "We have to start thinking about what we can do to moderate demand for housing and especially to minimize its demand as a vehicle for investment returns."

Vancouver's new empty house tax is an example of one method of "shifting the balance" away from investors who find it profitable to acquire and hold residential real estate, Hulchanski said. But "no one thing like that tax is going to be enough," he said.

THE STATS

- 12.5 per cent of Canadians are in core housing need
- 30,000 of Canadians are homeless
- 75 per cent of rental buildings are over 30 years old
- Over the past 15 years, home prices in Vancouver and Toronto grew four times faster than the average income

FROM WHAT WE HEARD: SHAPING CANADA'S NATIONAL HOUSING STRATEGY, BY THE CONFERENCE BOARD OF CANADA

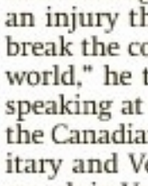
You want a better life. Job satisfaction. Financial security. Respect. You want to help others.
Administrative Careers in Hospitals
Hospital Support Specialist
Train to work as an Admitting/Registration Clerk; Health Records Clerk, Diagnostic Imaging Clerk; Hospital Switchboard Operator, Medical Secretary and more. Entry level wages from $18.16 - $21/hr.
Medical Office Assistant
Train to work in doctor's offices, walk-in clinics, billing and medical insurance companies, and other healthcare organizations.
Nursing Unit Clerk
Nursing Unit Clerks are the coordinators of patient care departments. The average wage for Stenberg grads is $21.40/hr. plus 12.2% in lieu of benefits.
Over 92% of our grads are working in their field of study within 6 months of graduation.

STENBERG COLLEGE
604-580-2772 • stenbergcollege.com

Military must do more: Dallaire

VETERANS

Retired officer says feds 'slow off the mark' on mental health



David P. Ball
Metro | Vancouver

Canada's Armed Forces must do more to "remain as engaged" in combating mental health and suicide "as they do in the theatre of operations," according to retired Lt. Gen. Roméo Dallaire.

In an exclusive interview with Metro on Tuesday, the former Senator said the high number of homeless veterans across Canada — at least 2,250, according to the federal government — and persistence of suicide among those who served are symptoms of widespread mental injuries.

For Dallaire, his operational injury was post-traumatic stress disorder (PTSD), which has haunted him since commanding a United Nations peacekeeping force during the Rwandan genocide 23 years ago.

"It is only by going public and by educating, informing and making it honourable as an injury that we are able to break the code in the military world," he told Metro, before speaking at the conference of the Canadian Institute for Military and Veteran Health Research in Vancouver.

He said that the departments of national defence and veterans affairs were too "slow off the mark" in tackling mental health. And though the federal government is boosting its "capacity" to address such issues, he said, there's still a "deficiency … the sustained support of helping people rehabilitate after is still too restrictive and doesn't go far enough."

Lt. Gen. Roméo Dallaire tells Metro about his mental health struggle since Rwanda — and why the military must do more to offer 'sustained support' to veterans. DAVID P. BALL/METRO

> **It is only by going public and by educating, informing and making it honourable as an injury that we are able to break the code in the military world.** Lt. Gen. Roméo Dallaire

Additionally, a "deficiency still resides in taking care of the families who are significantly affected," he added.

"When you deploy the individual, you deploy the family."

Asked for his recommendations, he suggested increasing the number of therapists employed and boosting family support services.

But ultimately he said more change is needed from the top-down, too: "There's a need for the chain of command to remain as engaged as they do in the theatre of operations," he said, "in order not to let this injury create a scenario we often see: the fact that the injury can be terminal."

Also attending the annual military and veterans health conference was Canada's Minister of Veterans Affairs, Kent Hehr, who told Metro that the Liberals are trying to overhaul the mental health support system while also undoing cuts from their Conservative predecessors, including staff reductions and closed offices.

"Our department is pushing forward with mental health issues," he said, citing hiring 300 staff, re-opening nine shuttered offices, and a 27 per cent increase in claims processed.

Hehr also cited a new way of processing disability claims, which he called "a benefit of the doubt approach, to get veterans the support they need … not an insurance company mentality."

In his Vancouver speech on Tuesday, Dallaire argued the "moral" aspect of PTSD has been too long overlooked.

He recounted refusing the United Nation's Secretary-General's direct order to withdraw from Rwanda in 1993, which would have meant abandoning thousands of Rwandans seeking refuge in his compound.

"I said, 'I'm not leaving,'" he said. "I refused a legal order because the order was immoral, because we had 32,000 people under our protection.

"In the end we stayed. It was the moral dimension that was exacerbated back home when you're injured and it's not taken care of. That is what's actually creating the injury …. We are not preparing for that moral injury."

Dallaire's most recent book, Waiting for First Light, is a memoir of his struggle with PTSD. He is currently leading the Roméo Dallaire Child Soldiers Initiative.

YALETOWN'S FREE WINTER FESTIVAL

CandyTown
A YALETOWN HOLIDAY FESTIVAL

MAINLAND STREET BETWEEN DAVIE & NELSON

SATURDAY NOVEMBER 26, 2016
12 NOON - 7 PM

FEATURING:
"ALL I WANT..." Gift Market • Horse Carriage Rides
Candy Making • Live Music • Ice Carving Demo
Visits with Santa and with the Ice Queen • Xmas Tree Lot

Jade Stone Photography and Britney Gill Photography

YALETOWN WHERE NEXT BEGINS GET ALL THE DETAILS: yaletowninfo.com /yaletowninfo @iyaletown

MEDIA SPONSORS:

TODAY ONLY!

Wednesday, November 23

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE:

CALVIN KLEIN
parkas
Exclusively ours

Save $288
$99.99

Short parkas with 60% down/40% feather fill and hood in sizes XS–XL. Available in two styles and assorted colours. Regular $388

Save $278
$119.99

Mid-length parkas with 60% down/40% feather fill and hood in sizes XS–XL. Available in two styles and assorted colours. Regular $398

Plus, 50% off
other women's outerwear**

50% off
women's gloves and mittens**

HUDSON'S BAY

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses. ****Women's outerwear**: In our women's outerwear department; Includes Plus Sizes; Excludes The Room, Moose Knuckles, Helmut Lang, T by Alexander Wang, Jeremy Scott, MSGM, Each X Other, Ms Min, Opening Ceremony, Horses Atelier, Filippa K, Marques Almeida, Jacquemus, Beaufille, Clover Canyon, MO&Co., Co + Co, N Nicholas, Weekend Max Mara, Studio Max Mara, Hugo, Eleventy, Theory, Vince, Eileen Fisher, Sentaler, Sorel, Cinzia Rocca Icons, Cinzia Rocca, Michael Michael Kors, Sola & Kyo, Pajar, Hiso, Lauren Ralph Lauren, Kate Spade New York, Noize, Sosken, Sicily, Artic Expedition, 1 Madison Dept 224, Fur Salon, K-Way, Jack Wolfskin, Helly Hansen, Marmot, Fjallraven, Spyder, Trepass and items with 99¢ price endings. **Women's gloves and mittens:** In our accessories department; Exclude Adrienne Landau, Burberry, COACH, Kate Spade New York, Linda Richards, Lord & Taylor Cashmere, Michael Michael Kors, Pajar, UGG Australia and items with 99¢ price endings.

Earthquake could cost $127.5B

NATURAL DISASTER

Upgrading building codes could save lives: Expert

Wanyee Li
Metro | Vancouver

A large B.C. earthquake could trigger years of national economic loss, according to a new report from the Conference Board of Canada, but at least one earthquake expert is sceptical of the finding.

The total economic cost of a 9.0 magnitude earthquake would be a staggering $127.5 billion, according to the Conference Board, a not-for-profit research group. It says the federal government can mitigate this damage by backing insurance companies against this type of catastrophic natural disaster.

The Conference Board's deputy chief economist hopes this report serves as a wakeup call for policymakers.

A couple in Christchurch, New Zealand, looks at destroyed home after the 2011 earthquake.
CONTRIBUTED

"The objective is not alarmist but really just to say there is a chance that something like this can happen sooner or later," said Pedro Antunes.

"The issue is that the way the current [insurance] system is in place, it backstops itself. If you've got a situation where the total claims are greater than what the industry can handle, then that system actually causes the whole thing to unravel."

Insurance companies are currently required to back each other's claims so that if one goes bankrupt, its clients are still covered. But that model will fall through if the whole industry is overwhelmed by claims, which will happen if a 9.0 magnitude earthquake hits the Lower Mainland, said Antunes.

The insurance industry is currently able to cover $30 to $35 billion worth of damages, but a catastrophic earthquake could result in as much as $42 billion worth in claims, he said.

Putting that number in perspective, the Fort McMurray wildfire was worth about $3.6 billion in insurance claims, according to the Insurance Bureau of Canada.

The Conference Board report states there is a one-in-three chance a 9.0 magnitude earthquake could hit B.C. in the next 50 years.

Given current levels of preparedness, that earthquake could cause stock markets to tumble and lead to long-term economic downturn, warned Antunes. The report calls this phenomenon financial contagion.

But at least one earthquake expert calls the Conference Board's estimate "pessimistic."

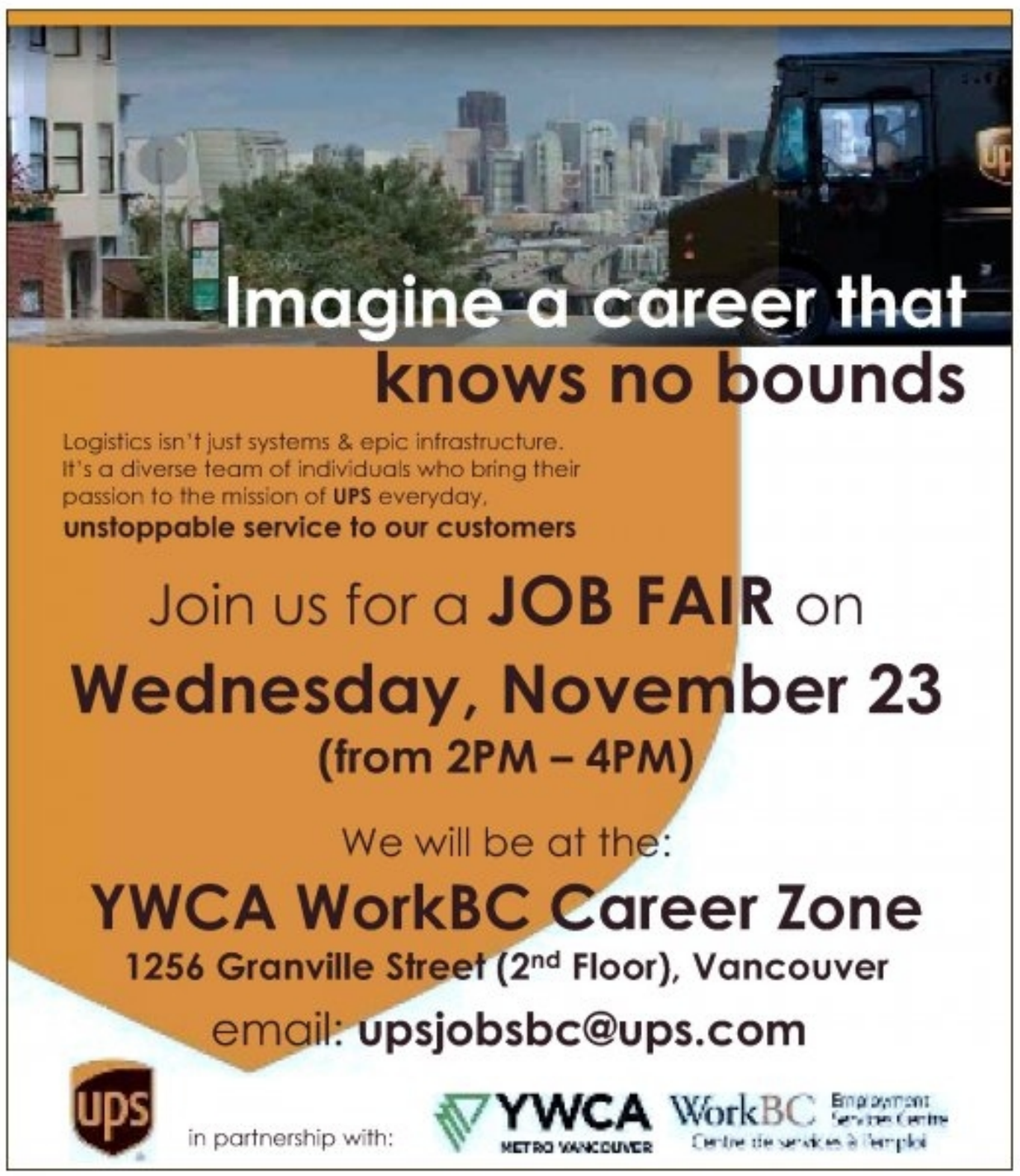
David Edgington studies the rebuilding process after major earthquakes in Japan and New Zealand, and says one earthquake, although deadly, would not affect Canada's whole economy.

PREDICTIONS

A 9.0 earthquake would cause this:
-43,700 jobs
lost over a 10-year period
-$42 billion
paid out by insurers for damages
-$96 billion
cumulative loss in GDP after 10-years
-$122 billion
federal and provincial government spending
SOURCE: CONFERENCE BOARD OF CANADA

"I've been in Japan, looking at the reconstruction after the 2011 tsunami and the 1995 earthquake in Kobe. The markets thought just one part of the country going under wasn't the end of the world," said the UBC human geography professor.

But like Antunes, Edgington was quick to add the report is a good reminder that governments need to invest more in earthquake preparedness. It's a problem B.C. — a region that does not experience earthquakes often — struggles with, he said.



BLACK FRIDAY WEEK!

transat

SAVE UP TO 50%† ON YOUR WINTER VACATION WHEN YOU BOOK BY NOVEMBER 28

Sun packages flights, transfers & all inclusive resort

Varadero
$599
Villa Tortuga 3★
7 nts | Jan 2, 9
+ $332 txs/fees

Santo Domingo†
$979
Bellevue Dominican Bay 3★
7 nts | Dec 30
+ $441 txs/fees

Riviera Nayarit
$1299
Grand Palladium Vallarta Resort & Spa 4★
7 nts | Dec 31 | + $398 txs/fees

Los Cabos
$649
Royal Decameron Los Cabos 4★
7 nts | Dec 3, 10
+ $404 txs/fees

Varadero
$999
Meliá Peninsula Varadero 4 1/2★
Junior Suite Elegance Club
7 nts | Jan 23 | + $332 txs/fees

Riviera Nayarit
$1299
IBEROSTAR Playa Mita 4 1/2★
7 nts | Jan 13, 20
+ $398 txs/fees

Cayo Santa Maria
$899
Valentin Perla Blanca 4 1/2★
7 nts | Jan 9
+ $332 txs/fees

Santo Domingo†
$999
Emotions By Hodelpa 4★
7 nts | Jan 27
+ $441 txs/fees

Riviera Maya
$1499
Azul Fives, A Gourmet Inclusive Resort by Karisma 5★
7 nts | Jan 15, 22 | + $386 txs/fees

Riviera Nayarit
$949
Royal Decameron Complex 4★
7 nts | Jan 16, 23
+ $398 txs/fees

Huatulco
$1199
Las Brisas Huatulco 4★
7 nts | Jan 5, 19
+ $391 txs/fees

Punta Cana
$1499
Luxury Bahia Principe Ambar Blue Don Pablo Collection 5★
7 nts | Jan 6, 13, 27 | + $441 txs/fees

Vacation is calling

Visit transat.com or contact your travel agent for more great deals.

marlin travel | BAHIA PRINCIPE HOTELS & RESORTS

Book a **Bahia Principe Hotels & Resorts** vacation package by November 30th and get a **$100 Gift Card** towards your next Transat vacation*!
visit www.marlintravel.ca

†Savings of up to 50% is applicable to Villa Tortuga and Bellevue Dominican Bay, for departure dates listed above. Savings reflected in advertised price. **Black Friday Week** is valid on new individual bookings made between November 22 to 28, 2016, for departures until April 30, 2017. ‡Santo Domingo flights are in/out of Punta Cana with roundtrip transfers included. Flights are from Vancouver via Air Transat in economy class. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated. Space and prices are subject to availability at time of booking and subject to change without prior notice. Limited seats available at prices indicated: 20 per departure. Prices advertised are valid from November 23 to 28, 2016 only. Taxes and fees are extra and noted above. Travel Agency fees may apply. For full descriptions and terms and conditions, refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in British Columbia (Reg #2454) with offices at 1090 West Pender Street, Suite 1110, Vancouver, BC, V6E 2N7. *Restrictions apply. Receive a $100 promotional travel gift card for all new Bahia Principe Hotels & Resorts bookings with Transat, made between November 1-30, 2016. The Marlin Travel Promotional Card is issued by Home Trust Company. Marlin Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084, BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8.

BC Ferries adding gas-powered vessel

SALISH ORCA

Latest member of fleet set sail on Tuesday from Poland

David P. Ball
Metro | Vancouver

FOLLOW VOYAGE

After setting sail from Gdansk, Poland, on Tuesday, the Salish Orca will travel through the Canary Islands, the Panama Canal, and up the West Coast. You can follow its 20,000-kilometre voyage — expected to take between 1.5 to two months — virtually at www.vesselfinder.com.

British Columbia is poised to get its first ferry powered by natural gas, but don't expect to see the Salish Orca any time soon.

The BC Ferries' newest purchase still has to chart its course across the Atlantic Ocean from Gdansk, Poland, first — where it set sail Tuesday — through the Panama Canal, and up the West Coast.

It's a voyage of 20,000 kilometres, literally halfway around the globe, which could take up to 55 days depending on the notoriously violent sea's weather conditions.

"This is an exciting day for BC Ferries," said Mike Corrigan, the Crown corporation's president and CEO, in a statement, "as our newest ship, Salish Orca, is one step closer to joining our fleet.

"We look forward to introducing a new ship into service for our passengers on the Northern Sunshine Coast."

He said the addition of the new vessel on those routes would "improve reliability" and service for passengers for "years to come."

The Salish Orca arrives in two months. COURTESY BC FERRIES

After arriving in B.C. as late as January, the vessel — the first of three Salish class ships commissioned by BC Ferries — will be inspected and crews will train on it to become familiar with it before it lowers its ramps for the public next spring.

Residents of Powell River and Comox will have a chance to learn more about the craft, and promised route improvements, at open houses before it's officially open to the public.

BCAA

B.C. drivers worst in winter, poll says

Matt Kieltyka
Metro | Vancouver

British Columbia has Canada's worst winter drivers.

The rest of Canada knows it and, according to a new BCAA poll, we do, too.

When asked if drivers here believe that we're the worst in Canada at driving in the snow and other winter weather conditions, 52 per cent of respondents agreed (17 per cent strongly agreed and 35 per cent moderately agreed).

That assessment seems to be largely based on B.C.'s more temperate climate.

Seventy-one per cent of B.C. drivers in the poll say it doesn't snow much where they live and 53 per cent said driving in the winter is easier because the conditions here aren't as harsh.

Nearly a third of drivers said they don't do anything to prepare for winter driving because they believe they're good drivers.

But the survey results underline a need for drivers to take winter driving preparations more seriously, according to the association.

While the Metro Vancouver region may not get as much snow as other parts of the country, BCAA senior manager Stu Miller said in a statement that other hazards are just as dangerous.

> **This is a season of weather hazards at every turn.**
> BCAA's Stu Miller

"Sleet, icy roads, heavy rainfall, cold temperatures and more hours of darkness – this is a season of weather hazards at every turn and with half of drivers not even checking the weather before heading out, it's concerning," Miller said.

Miller said that calls for help to the BCAA's roadside assistance call centre increase up to 60 per cent in the winter.

Call volumes in Metro Vancouver double during snowy or frigid weather.

Columbia College
Established 1936

- First & second year university programs for transfer to the University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
- Associate of Arts (General, Economics, Business Administration, or Mass Communication)
- Associate of Science (General, Computer Science, or Mathematics)
- University Foundation programs (Grade 11 and 12)
- English for Academic Purposes (ESL)

For further information, contact
Admissions Office, COLUMBIA COLLEGE
438 Terminal Avenue, Vancouver
British Columbia V6A 0C1
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

APPLY NOW FOR
WINTER SEMESTER
January 9 to
April 17, 2017

WE ARE HIRING AT AMAZON

$250 BONUS
SIGN-ON / COMPLETION

EARN UP TO
$14.00 PER HR

START BY
DEC. 11TH
EARN EXTRA CASH
FOR THE HOLIDAYS!

apply.smjobs.com/amazon
JOB CODE: DELTA, 908S • NEW WESTMINSTER, 914A

- Bonus paid for all associates in good standing on January 7th
- $150 bonus for employee referrals
- Start by December 11th and earn cash for the holidays!

Apply online or call for an appointment to apply in person
109 Braid Street • V3L-5H4
New Westminster, BC
604-449-6755

staff management | SMX
a TRUEBLUE company

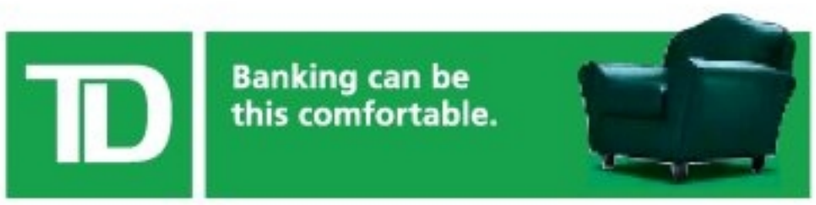
Get up to 30,000[1] Aeroplan Miles.

Offer ends December 2, 2016.
Don't miss all those miles.

Flexible TD® Aeroplan® *Visa Infinite** Card benefits let you travel on your terms. With Aeroplan: Get any seat. Fly for less.[2] And be there to enjoy life's richest rewards.

It's never been easier to get on board.
Conditions apply.

Visit tdaeroplan.com/van or call
1-888-714-4459 to learn more



[1] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. [2] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. All trade-marks are property of their respective owners. ®The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ®The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Party to be Canada's biggest

NEW YEAR'S EVE

Additions include a taller clock, bigger event space

Wanyee Li
Metro | Vancouver

This upcoming New Year's Eve could be a special one for Vancouver as it marks Canada's 150th birthday with what event organizers hope will be the country's largest Dec. 31st celebration in the country for the second year in a row.

Organizers are expecting about 100,000 people to gather in Vancouver's downtown core to celebrate the occasion and additions to this year's event include a new 26-foot countdown tower, a second stage at Jack Poole Plaza and an indoor party at the convention centre that features views of the fireworks.

Last year's celebrations spanned one block but this year, crowds can fill up three blocks of Canada Place Way, from Howe to Thurlow and Jack Poole Plaza.

Headliners include top names in Canadian talent like the Sheepdogs and the New Pornographers.

"Last year, we were the largest celebration in the country and certainly we are optimistic we may achieve that again this year, (if) there is more favourable weather this year," said Paul Runnals, executive producer of the event.

Family-friendly elements include a 9 p.m. firework show and screens on the countdown tower that will project the live performances so that even people further away can see the stage.

"We're really excited at the level of entertainment you can see and of course this is all on top of the fireworks, so it is the perfect place to be," said Dani Pretto, chair of the New Year's Eve Celebration Society

Concord Pacific is the title sponsor of the event, which also received $226,000 in funding from the federal government.

Last year's celebrations spanned one block, but this year crowds can fill up three blocks of Canada Place Way, from Howe to Thurlow and Jack Poole Plaza. JENN CHANG/NEW YEAR'S EVE VANCOUVER

WRONGFUL IMPRISONMENT

Judge rules B.C. doesn't have to pay full $8M

The British Columbia Supreme Court has ruled that the province does not have to pay the full multimillion dollar compensation award to a man who was wrongfully imprisoned for nearly three decades.

The court ordered the B.C. government to pay Ivan Henry $8-million in damages last June after he spent 27 years in prison for sexual assault before a court overturned the conviction in 2010. Henry sued the City of Vancouver and the federal and provincial governments, but settled with the city and federal government for an undisclosed amount while his case against the province went ahead.

The judge says in the decision that the lawsuit against the city, provincial and federal government was indivisible, so the claims should also be unified, and the settlement amount should be deducted from the award.

The ruling does not say how much the city and federal government settled for or how much the province must now pay Henry.

THE CANADIAN PRESS

FARMERS MARKET ROUND-UP

-All Winter Long-

RECYCLE YOUR OLD OR UNWANTED SMALL APPLIANCES & POWER TOOLS FOR FREE AND YOU COULD WIN 1 OF 2 PRIZES OF

$250 MARKET DOLLARS

Nat Bailey Stadium

26 NOV / 17 DEC / 28 JAN
25 FEB / 25 MAR / 22 APR

Hastings Park

27 NOV / 18 DEC / 29 JAN
26 FEB / 26 MAR / 23 APR

FOR A FULL LIST OF ACCEPTED PRODUCTS VISIT ELECTRORECYCLE.CA

GREATER VANCOUVER FARMERS MARKETS

Electr Recycle
SMALL APPLIANCE & POWER TOOL RECYCLING PROGRAM

Plot 'directed at the normal'

CRIME

Man behind plan to blow up Halifax mall sentenced

Adina Bresge
For Metro | Halifax

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f— you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced to 10 years behind bars in Nova Scotia Supreme Court on Tuesday after pleading guilty to conspiracy to commit murder.

Slumped over a desk in a leather jacket, Shepherd buried his head in his arms as the Crown portrayed him a disaffected loner, who resisted acts of violence, but nonetheless acted as a "cheerleader" in the mass-murder plot.

The Crown alleges that Shepherd conspired to help James Gamble and Lindsay Kantha Souvannarath carry out a detailed plan to shoot unsuspecting mall goers in the food court of the Halifax Shopping Centre on Valentine's Day in 2015.

Randall Steven Shepherd appears at Halifax Provincial Court in 2015. Shepherd was sentenced to 10 years behind bars on Tuesday after pleading guilty. METRO FILE

Police foiled the plot thanks to a Crimestoppers tip, and the day before the attack was supposed to occur, arrested Shepherd while he was waiting for Souvannarath to arrive at Stanfield Airport. Gamble, 19, fatally shot himself in his Timberlea home.

Souvannarath is in jail awaiting trial.

Crown lawyer Shauna MacDonald told the court that in some ways, the harrowing plan to "put Halifax on the map," achieved its goal by stirring up unease in the community that one of their own could have such violent motives.

"This plan would have changed the face of Halifax forever," MacDonald said. "It was meant to be individuals engaging in their everyday lives — running errands, shopping, grabbing a bite to eat … The attack was directed at the normal."

MacDonald cited terrorism cases as precedent for a joint recommendation between the Crown and the defence that Shepherd receive a 10-year sentence with credit for time served.

Defence lawyer Roger Burrill characterized Shepherd's plight as "a story of extreme youth disaffection," a homeschooled, social outcast drawn into a destructive spiral by Gamble, who was repeatedly described as his only friend.

> **This plan would have changed the face of Halifax forever.**
> Shauna MacDonald

Burrill said Shepherd played a lesser role in the conspiracy and was not fully aware of the plan's "psychotic dimensions."

He compared Shepherd's role in the conspiracy as that of an "outer planet" in a solar system that orbited around Gamble's obsession with mass killings.

Shepherd's involvement in the plot "may have saved his life," said Burrill, as his client was suicidal at the time of the arrest.

Before making a statement to the court, Shepherd turned his head to look at members of the gallery who were stifling back tears.

"I have no right to ask for anyone's forgiveness," Shepherd said. "I was a different person then."

As Justice Patrick Duncan handed down his sentence, he said there is some hope for Shepherd's future, but reserved predictions — for now.

MILITARY

Fighter jets' cost unknown

The federal government unveiled its interim steps Tuesday in the long-fraught effort to replace Canada's aging fleet of fighter jets, but key questions — how much it would cost taxpayers and the impact on the military — remained up in the air.

Following a closed-door cabinet meeting on Parliament Hill, three Liberal cabinet ministers held a news conference to announce plans to enter into discussions with U.S. aerospace giant Boeing to purchase 18 Super Hornet jets.

At the same time, however, the government intends to launch an open competition starting next year to replace all 77 of the air force's CF-18s — a process that's expected to last up to five years.

"We need additional planes as soon as possible for an interim period," said Defence Minister Harjit Sajjan.

"We need additional planes as soon as possible for an interim period," said Defence Minister Harjit Sajjan, flanked by Public Procurement Minister Judy Foote and Innovation Minister Navdeep Bains. THE CANADIAN PRESS

An F18 Super Hornet THE CANADIAN PRESS

MARQUISE Facilities

JOB FAIR

Thursday, November 24th • 1pm - 3pm
at WorkBC Whalley Employment Services Centre,
located at 105-13655 104 Ave in Surrey, BC

We are hiring for SEASONAL Staff for the Tsawwassen Mills Shopping Centre located in Delta. We are looking for Day Porters/Cleaners (Casuals FT/PT) and Afternoon Custodian Lead Hand (F/T). Competitive Wages are offered!

Please bring resume, references.

Free Shuttle Service is available from Scott Road Sky Train Station to Tsawwassen Mills.

Resumes are currently accepted by applying by email: jobs@marquise.ca

FUNDING

Small municipalities won't benefit from infrastructure bank: Morneau

Finance Minister Bill Morneau is suggesting that small municipalities won't see much — if any — benefit from the federal government's proposed new infrastructure bank.

The bank, to be launched next year, is intended to attract billions in private investment for public infrastructure projects.

But Morneau told the Federation of Canadian Municipalities on Tuesday that global institutional investors will be looking to invest only in "large transformational projects" that produce a revenue stream, from which they can earn a high rate of return on their investment.

He says it's unlikely they'll want to sink money into roads and bridges in small communities.

Finance Minister Bill Morneau. THE CANADIAN PRESS

In a question-and-answer session hosted by the federation, Morneau made no mention of the notion that a number of small communities with similar projects could bundle them together in order to make them more appealing for international investors.

But FCM president Clark Somerville said the federation wants to ensure that all municipalities, big or small, are able to take advantage of the bank; he says rural Liberal MPs have assured him they'll be pushing hard for the bundling concept.

"One thing that they talked about that they were really hoping to push for was exactly the bundling and was having it for the smaller communities," said Somerville, who met earlier Tuesday with members of the Liberals' rural caucus.

While Morneau didn't mention bundling during his meeting with the FCM members, Somerville said he's encouraged by the fact that the minister has promised to consult closely with municipal leaders as the government hammers out the details of the infrastructure bank, which is to be formally created in the 2017 budget in a few months.

THE CANADIAN PRESS

Black Friday is here. So is double the data.

WIND is now Freedom Mobile and we're celebrating by giving you double the data on our new future-ready Smartphone 45 LTE plan. Our new traffic-free LTE network will launch in Toronto and Vancouver and will expand to our other markets during 2017.

~~$45~~

$40 PER MONTH

FOR 12 MONTHS.

- 3GB of data + 3GB bonus
- Unlimited Canada/U.S. talk
- Unlimited global text
- Low international calling starting at 1¢/minute

Freedom™ mobile

For details, visit
freedommobile.ca
Offer ends soon.

LG V20

Learn more at freedommobile.ca. Smartphone 45 LTE plan is available for a limited time and is subject to change or cancellation without notice. Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. $60 service credit offer is valid from November 21 to 30, 2016, and is subject to change or cancellation without notice. To be eligible for the $60 service credit, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $45 or $55. A $5 monthly credit will be applied to your account for up to 12 months to a maximum of $60. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are our trade-marks and are protected by law and may not be used, copied, imitated or used in whole or in part without our prior written consent.

Trump backtracks on promises

GOVERNMENT

President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he:

- **Pushed back against questions about conflicts** that could arise due to a lack of separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."
- **Took his strongest stance yet against the "alt-right,"** a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."
- **Spoke positively** not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

But some of his conservative supporters strongly disagreed.

Breitbart, the conservative news site whose former head, Stephen Bannon, is now a senior counsellor to Trump, headlined its story about the switch with "Broken Promise."

THE ASSOCIATED PRESS

THANKSGIVING IN SPACE

In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP

NASA astronauts Michael Hopkins and Rick Mastracchio enjoy a Thanksgiving meal on Nov. 28, 2013. FLICKER/NASA

Getting all ten members of the Endeavor and Expedition 18 missions wasn't easy as the two crews shared a Thanksgiving meal on Nov. 27, 2008. FLICKER/NASA

Astronauts cook up Thanksgiving meal

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kimbrough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

> **"I'm going to try to make it as much like home as we can."**
> Shane Kimbrough

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required."

THE ASSOCIATED PRESS

COMPLETE DENTAL IMPLANT only $2500
Includes Highest Quality Nobel Biocare Implant & Crown
Restrictions May Apply

Missing A Tooth?
Anxiety? Let relaxation replace apprehension with IV sedation and sleep dentistry

Happy Molar Dental Centre
#1 - 4361 Kingsway, Burnaby 604-432-9223 www.happymolardental.com

Canada's mortgage rules have changed.

Find out how much you can afford.

Speak to an RBC® mortgage specialist today.

Our mobile mortgage specialists help make home buying easier.

- **Expert Advice** – to help you understand the new rules and how they impact you.
- **Firm, Fast Approval** – get a competitive rate and know exactly how much you can afford so you can shop with confidence.
- **Flexibility and Convenience** – meet you anytime, anywhere including evenings and weekends.

Find an RBC® mortgage specialist at rbc.com/mortgages

RBC®

®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria.

Trans-Pacific deal needs U.S. to survive

TRADE

Canadian minister says 12-nation pact in jeopardy

The Trans-Pacific Partnership can't go ahead without the United States, Canada's trade minister said Tuesday in the wake of Donald Trump's renewed vow to pull his country out of the controversial 12-country pact.

International Trade Minister Chrystia Freeland said it's long been no secret that the Pacific Rim deal would hinge on the participation of the U.S., a factor that boils down to simple arithmetic.

The TPP, as it is known, can only come into force if ratified by six of the 12 member countries representing 85 per cent of their combined GDP, Freeland said Tuesday.

Minister of International Trade Chrystia Freeland speaks to reporters during the APEC Summit in Lima, Peru. The TPP can't go ahead without the United States. THE CANADIAN PRESS

"What that means, in practice, is the TPP agreement as currently structured and finalized can only come into force if it's ratified by the United States — but that's not new," Freeland said.

In a YouTube video released Monday, Trump said he will issue a notification of intent to withdraw from the agreement on his first day in power, a move many believe would kill the deal outright.

A Canadian government official, speaking on condition of anonymity because of the sensitive nature of the issue, said no decision on pulling out of the TPP becomes final until February 2018.

When the participating countries signed the agreement last February in New Zealand, that two-year time frame was built into the process to take into account the domestic political situations in all 12 countries, the official said.

The TPP is intended to open up trade among the 12 countries that encompass nearly 40 per cent of the world's GDP, including Canada.

During question period Tuesday, Conservative trade critic Gerry Ritz urged Canada to follow some of its other TPP partners — notably Japan, New Zealand, Mexico and Australia — and ratify the deal without the U.S. THE CANADIAN PRESS

BLACK FRIDAY

Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them. Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

COMPARISON SHOP

Know the regular price of what you are looking for. Bar code scanner apps, like Shopsavvy, should be your go-to tool as well as price comparison sites, including Google Shopping.

START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online offerings tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash back sites like Ebates.com.

TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

WATCH THE SHIPPING

If you are buying from the U.S. or elsewhere, always double-check the shipping options, and if it might get hit by additional duty fees. Keep an eye out for changes: recently Walmart and Amazon raised their free shipping thresholds.

TORSTAR NEWS SERVICE

impark

Impark is hiring **Call Center Reps**

Training Starts December 19th, 2016
FULL TIME M to F 7:00am-3:30pm
Located Downtown Vancouver
$13.50/hour, $14.00 after
3 months' probation

We offer free coffee and tea, Gym,
RRSP program and other perks!

To apply visit: www.impark.com/joinourteam

CONFERENCE BOARD OF CANADA

Retail sector jobs to hit 12-year low

Employment in Canada's retail sector will hit a 12-year low this year as companies adopt technology and trim costs in response to weak growth in consumer spending, says a new report released Tuesday.

The Conference Board of Canada says the total number of jobs in grocery, clothing, department, home improvement, furniture and appliance stores will fall to 1.26 million in 2016, a decrease of 2.6 per cent from last year and the lowest it has been since 2004.

The Ottawa-based think tank said the growth of online shopping and self-checkout terminals is helping retailers reduce labour costs to face slow sales growth.

The changes reduce the need for as many employees to handle customer payments and to set up displays and restock shelves, said Michael Burt, head of the Conference Board's industrial economics trends group.

The Conference Board said fragile consumer confidence — weighed down by record levels of consumer debt — will continue to weigh on retail spending.

$8.1 billion

The amount Canadians spent on online sales in the first nine months of 2016, accounting for between 1.9 and 2.3 per cent of total retail sales, according to Statistics-Canada.

"We see very weak growth in consumer spending over the next couple of years, so just not a lot of incentive for retailers to be adding to payrolls in that environment," Burt said.

A gradual pickup is expected to raise employment by 2021 to 2013 levels, according to the report.

A bright spot for retailers is the double-digit growth of e-commerce, which allows them to compete at lower cost, the report said.

THE CANADIAN PRESS

HF LASER SKIN CLINICS

HF LASER SKIN CLINICS IS A CANADIAN COMPANY DEVOTED TO THE ANALYSIS OF NON-DISEASED HAIR PROBLEMS.

A number of men and women experience Hair Loss and Scalp Disorders that will lead to baldness.

Many men and women suffer Hair Loss and Scalp Disorders that lead to baldness. Most people let their problem escalate through procrastination, neglect or simply a lack of knowledge. Some people waste money and time on hair growth formulas that won't help their type of Hair and Scalp Disorder.

You don't have to be bald. The first step is to learn more about your Hair Loss problem – and what can be done to help you.

To accurately evaluate your Hair Loss disorder, HF LASER SKIN CLINICS provide a complimentary VISUALIZATION MICROSCOPIC TEST to help you understand the cause of your Hair Loss/Thinning problem.

For a free (no charge or obligation) test & scalp analysis, call 604-341-0054 today.

(604) 341-0054 100-3077 Granville Street, Vancouver www.Hairfreeclinics.com • micronvancouver@gmail.com • www.micronlabs.com

metro VIEWS
Your essential daily news
Wednesday, November 23, 2016

JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY

It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humourous, and some so offensive that they are banned from university campuses.

Comedian Dave Chapelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'… You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chapelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20.

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.

FACES OF GRIEF Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September.
JESSICA ALLEN/FOR METRO

The crowd began to chant "D–ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20. "They look really nice," a woman said, holding one up to herself. Harambe pins were $1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played. "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of An Angel." In between songs, the "d–ks out" chant returned.

"Someone is smoking weed," a woman said to her friend. "Maybe they're smoking Harambe's ashes."

In a quiet moment, someone shouted, "F–k that kid," which was repeated by the crowd.

"More like f–k that kid's parents."

"F–k the mom."

"Shoot the kid."

Laughter shifted to quiet discomfort.

Until a student climbed the boulder and banged his chest at the top. The crowd applauded and then insisted he "whip it out."

"I don't know if Harambe supports peer pressure," an organizer said on the mic, "so can we just come together for this next song?"

Which was Black Eyed Peas' "Where is the Love?"

People pretending to cry posed together for selfies. A student wearing a cardboard sign that read "Harambe is love. Harambe is Love. May his light shine on us all" weaved through the crowd, which looked to be about 150 strong.

Sam Smith's "Stay with Me" played, followed by Michael Jackson's "You Belong To Me."

"Someone curated the playlist really well," a woman noted.

"What started off as a joke …" an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s–t out for Harambe!"

"F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cellphones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette.

"I hate myself," she said.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Wednesday, November 23, 2016

Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

Moana based on rich past

DISNEY MOVIE

History of Polynesians not taught in many schools

Genna Buck
Metro Canada

We set a course to find
A brand new island everywhere we roam
Aue, aue
We keep our island in our mind
And when it's time to find home
We know the way

These words, from We Know the Way, a soaring number in the new Disney musical Moana, describe a real-life society more magical than the usual enchanted forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-catamaran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As the song says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

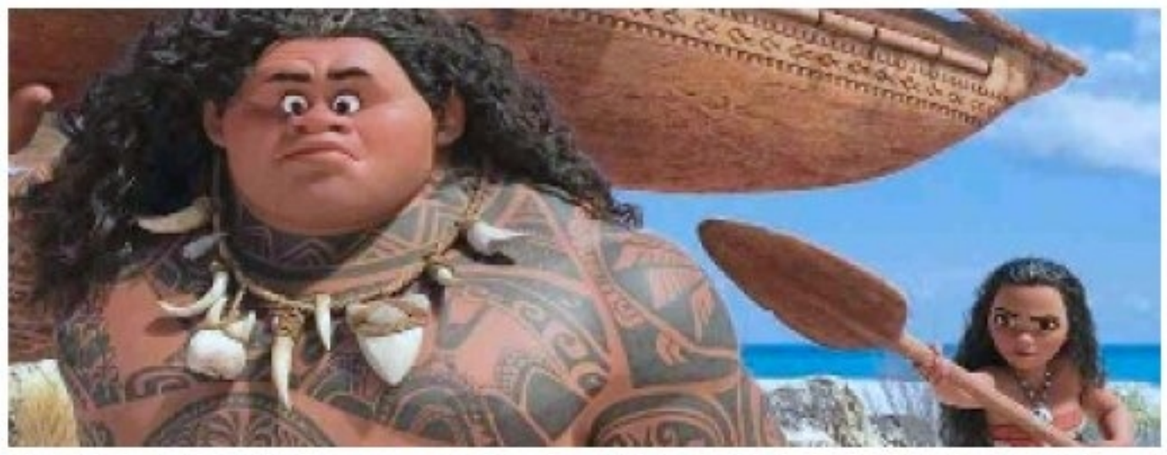
In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed with wanderlust, she sets sail to discover someplace new.

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations built up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical Moana (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Is The Fall good or fake good?

THE SHOW: The Fall, Season 3, Episode 2
THE MOMENT: The hospital visit

At the end of Season 2, Paul Spector (Jamie Dornan) confessed to being the Belfast Strangler, who murdered many women. Then he got shot. Now he's in hospital recovering, while Stella Gibson (Gillian Anderson), the lead detective who hunted him down, hovers nearby.

A doctor asks Spector what year it is. He answers, "2006." (It's really 2012.) The doc dismisses that as normal disorientation. A scene later, Spector's daughter Olivia (Sarah Beattie) visits him. He seems bewildered to see her. "Why are you so big?" he asks.

Oh no. Amnesia??? You may argue that I should wait and see; perhaps he's only pretending. He's a criminal mastermind, after all. To that I reply, oh no. Fake amnesia???

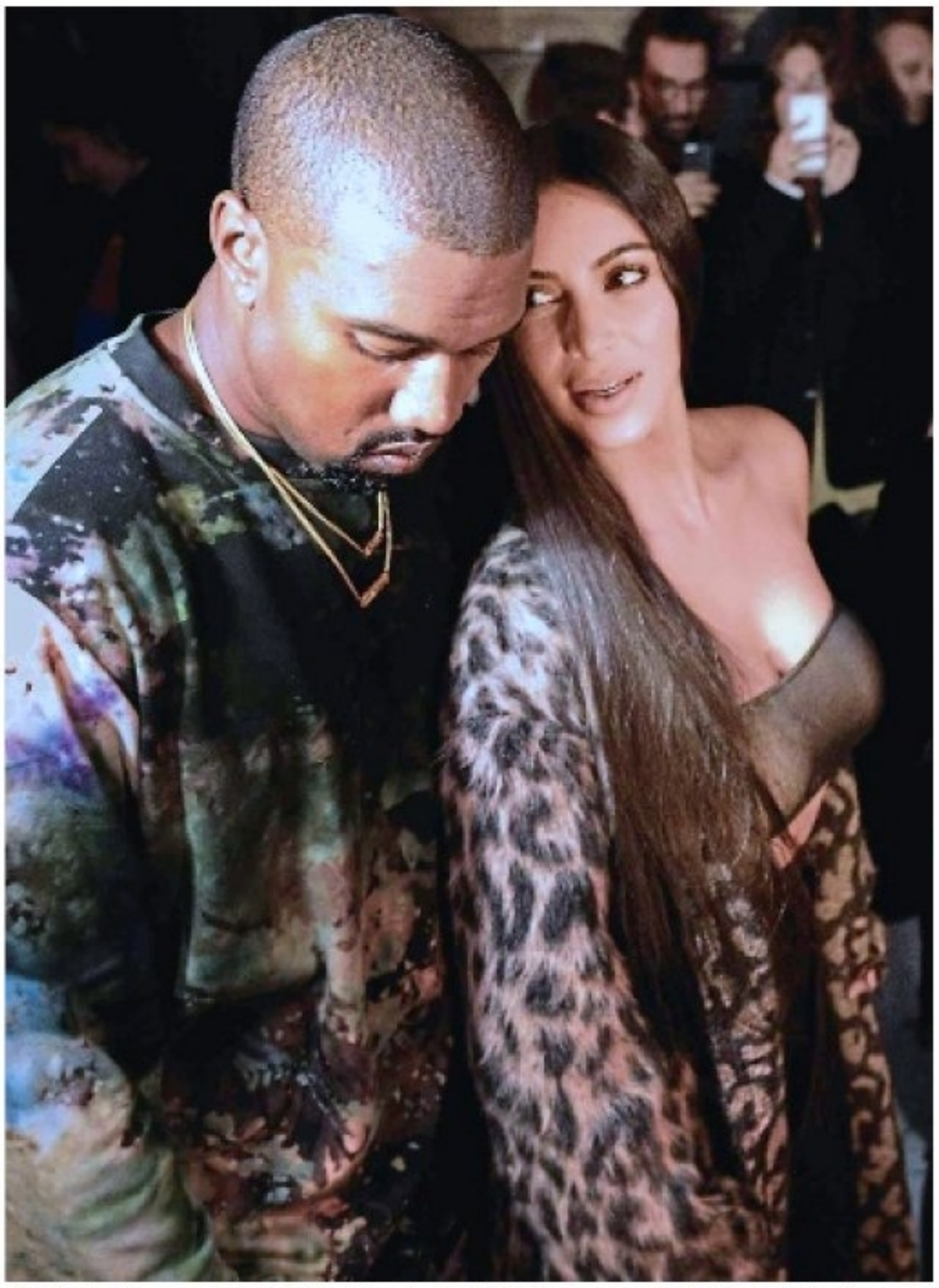
This series has always confused me. The scripts' many lines of allegedly feminist dialogue are so on the nose they're almost risible. ("We've chosen to work in a masculine, patriarchal, paramilitary culture," Gibson purrs to a fellow female cop. "Let's not let it beat us.")

Even worse, that feminist talk is set off by far more numerous, lovingly-shot images of Spector's misogynistic thrill kills.

And now (sigh) amnesia??? Could this series' attractive surface be fooling us? Could it be ... fake good?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The Fall aired on Bravo. Episodes can be seen at bravo.ca.
CONTRIBUTED



Kim Kardashian was scheduled to attend a charity ball honouring her late father Monday night, but amid reports her husband Kanye West was hospitalized she didn't show up. ALAIN JOCARD/AFP/GETTY IMAGES FILE

Kanye in hospital due to exhaustion

CELEBRITY

Reports follow frenzy over cancelled tour, Trump support

Kanye West has been hospitalized after abruptly cancelling the last 21 dates of his national tour, according to reports from several media outlets.

Citing anonymous law enforcement sources and West representatives, the media outlets reported that the hip-hop superstar was taken to Ronald Reagan UCLA Medical Center in Los Angeles on Monday afternoon because of stress and exhaustion, and he is spending the night there for his own safety.

Without confirming that the patient was West, Los Angeles police told The Associated Press that officers were called to a house on Laurel Avenue near West Hollywood for a disturbance at about 1:20 p.m. When they arrived it was clear that nothing criminal was occurring and it was a medical situation instead.

Police told the AP that the patient was taken in an ambulance to the hospital and placed on a psychiatric hold.

Representatives for West and his wife Kim Kardashian did not reply to several messages left by the AP seeking confirmation or comment. The hospitalization was first reported by NBC News.

Kardashian had been expected to make her first public appearance Monday night since she was tied up and robbed at gunpoint last month in Paris. It was to come at the Angel Ball, a charity event in New York honouring her late father, Robert Kardashian.

But amid the reports about West, she did not show up.

West had just pulled the plug on his Saint Pablo Tour after days of erratic and angry behaviour that made an even hotter topic than usual on social media.

On Friday, during a concert in San Jose, West said he didn't vote in the presidential election but would have cast a ballot for Donald Trump, praising the president-elect's "method of communication" as "very futuristic."

On Saturday in Sacramento he ended his show after just four songs, but not before a 10-minute tirade about Beyonce, Jay Z, Hillary Clinton, Mark Zuckerberg, the radio and MTV.

THE ASSOCIATED PRESS

GOSSIP

Robert Kardashian would have been 'proud' of family

With daughters Khloe and Kourtney Kardashian by her side, an emotional Kris Jenner paid tribute to her late ex-husband lawyer Robert Kardashian, saying he taught the family about the importance of philanthropy and would be "very proud" of their success. He was posthumously honoured Monday night during the annual Angel Ball, which raises money for cancer research. THE ASSOCIATED PRESS

CONCØRD'S NYE VANCOUVER

COUNTDOWN TO 2017
IN DOWNTOWN VANCOUVER

STARTING AT 6:30 PM ON CANADA PLACE WAY

FEATURING

The Sheepdogs, Wintersleep, Meghan Patrick, Dan Davidson and more! Also enjoy roaming performances, food trucks, activations and a spectacular fireworks finale!

#ConcordsNYEVAN

For full event details visit www.nyevan.com

Charitable Partner United Way

BRANDLIVE | CONCORD'S NYE VANCOUVER

TRUE NORTH

VANCOUVER'S OFFICIAL NYE PARTY

12·31·2016

NEW PORNOGRAPHERS

YUKON BLONDE | HUMANS(LIVE)

DELHI 2 DUBLIN | MEGHAN PATRICK

DJ's ANDY CLOCKWORK, KEVIN SHIU AND HEBEGEBE

19+ | Fully Licensed | Doors 8PM Until Late
Includes Licensed Fireworks Viewing

LIMITED EARLY BIRD TICKETS
JUST $99+ FEES AT

www.nyevan.com/TrueNorth

DAILY HIVE | metro | 102.7 The PEAK VANCOUVER'S MODERN ROCK | 93.7 JRfm | BREWING & MALTING CO PHILLIPS | dine alone records

Pear-fectly Canadian

PRODUCE

Roly-poly pear produced to be a wintertime favourite

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Co-operative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, coldsnappear.ca.

As part of the branding process, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem Cold Snap doesn't have. She says participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will expand across Canada.

CONTRIBUTED/VINELAND GROWERS CO-OPERATIVE

Buy & Store

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for poaching, roasting or baking.

Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin.

TORSTAR NEWS SERVICE

RECIPE

Hazelnut Pear Cake
Makes 10 servings.

Ingredients:
- 4-1/2 cups (1.125 L) water
- 2-3/4 cups (675 mL) granulated sugar
- 1 tsp (5 mL) lemon zest
- 1/4 cup (50 mL) fresh lemon juice
- 1-1/2 tsp (7 mL) vanilla
- 5 small pears, peeled, cored and halved
- 2 cups (500 mL) ground hazelnuts
- 6 large eggs, separated
- 1/4 tsp (1 mL) cream of tartar
- Garnish: icing sugar

Directions:

1. In large saucepan, combine water, 1-1/2 cups (375 mL) of the sugar, lemon zest, lemon juice and 1/2 tsp (2 mL) vanilla. Stir over medium-high heat until sugar dissolves. Add pears; bring to boil. Reduce heat to medium and simmer until pears are just tender, turning occasionally, about 10 minutes. Let cool in syrup. (Prepare up to 1 day ahead, cover and refrigerate.)

2. Drain pears well, reserving syrup for another use. In medium bowl combine hazelnuts, 1 cup (250 mL) of the remaining sugar and cornstarch; set aside.

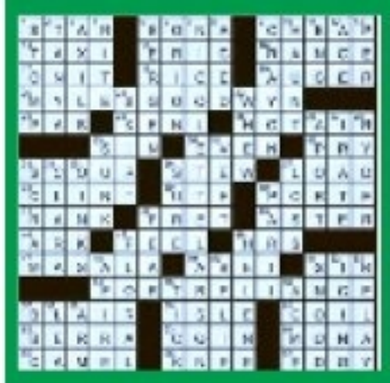
3. Grease and flour (regular or gluten free) a 10-inch (3 L) springform pan. Set aside.

4. In large bowl, beat egg yolks until frothy. Stir in remaining 1 tsp (5 mL) vanilla and hazelnut mixture until well combined; set aside.

5. With clean beaters, beat egg whites until frothy. Add cream of tartar and beat to soft peaks. Beat in remaining 1/4 cup (50 mL) sugar until peaks are stiff. Stir one-third of whites into egg yolk mixture and combine well. Gently fold in remaining whites. Pour into prepared pan.

6. Place one pear half, cut-side down, in the centre of batter and arrange remaining halves in a circle around it, stem toward centre, leaving a 1-inch (2.5 cm) border. Bake in 350°F (180°C) oven 1 hour and 15 minutes or until golden brown and cake part no longer looks wet. Cool on rack for 15 minutes. Run sharp knife around edge of pan. Remove side and use a metal spatula to remove bottom; cool cake completely on rack.

PLAY Yesterday's Answers
from your daily crossword and Sudoku



9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4

for more fun and games go to metronews.ca/games

metro Service Directory To advertise call 604.602.1002

SPIRITUALISTS

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Resulting Love Lives · Family Issues · Separation - Divorce · Success in Career · Marriage Problems · Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | NEAR SUPERSTORE, DELTA

FINANCIAL

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

INDIAN ASTROLOGER & PSYCHIC
PANDITH RAMDEV
PALM *READING * FACE READING • HOROSCOPE
REMOVES BLACK MAGIC. HADOOP. VISIO. OBEYAH EVIL SPIRITS & PROVIDES 100% PROTECTION
EXPERT IN BRINGING BACK LOVED ONES...
SOLVES PROBLEM IN BUSINESS, LOVE, MARRIAGE, JOB MONEY, CHILDREN MISTAKES, HUSBAND & WIFE MATTERS RELATIONSHIP, WEALTH, SICKNESS, DEPRESSION, COURT MATTERS, JEALOUSY, PERSONAL MATTERS
NOBODY CAN BREAK MY WORK IF YOU HAVE PROBLEMS. I HAVE SOLUTIONS
604-369-8051 Life long protection 12187 75 Ave, Surrey, BC

#1 VANCOUVER ASTROLOGER & PSYCHIC
PANDITH Thulasi Ram 9TH GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, IT'S MY CHALLENGE
Tells Past, Present & Future. Health, Happiness, Love, Work, Family, Husband-Wife, Children, Jealousy, Money, Court, Sexual, Enemy, Lottery & Good Luck, etc.
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
604.376.7362 | 13418 71A Ave. 134st Surrey BC V3W 2L2

metro HOLIDAY GIFT GUIDE
Advertise in Vancouver's #1 free daily Newspaper to help our readers choose the right gifts for their loved ones.
Publishing every Friday from November 10 to Dec 23.
Call 604.602.1002 for more information

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

PICK THIS

Milestones Chili Popcorn Shrimp with Chili Avocado Sauce

Calories 540
Fat 32g
Saturated Fat 4.5g
Sodium 1510mg

SKIP THIS

Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips

Calories 1150
Fat 81g
Saturated Fat 30g
Sodium 1490mg

HERE'S WHY

Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

FOOD BRIEFS

Kids who drink whole-fat milk leaner, study finds

Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were roughly three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said.

THE CANADIAN PRESS

LIQUID ASSETS PETER ROCKWELL

Finding the perfect all-purpose people pleaser

With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico ($13.95-$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.

BOOKS

We need 'famous' cuisine: Myers

Actor/comedian Mike Myers writes about food and other matters of national identity in new book, Canada. SCREENSHOT

Amy Pataki
Torstar News Service

Mike Myers eats like other Canadians do.

He has ordered perogies in Winnipeg and peameal bacon sandwiches at the CNE. He even craves Kraft Dinner but once had to leave the supermarket without it after he was swarmed by 200 people. In Coboconk, Ont., population 800.

The actor/comedian writes about food and other matters of national identity in Canada, published recently for the upcoming sesquicentennial.

When it comes to Canadian food, Myers says nobody knows about it.

"In New York City, I'll go out for Italian, Chinese or Mexican, but when's the last time you went out for Canadian? You didn't. And don't say poutine. That's a topping."

I beg to differ. Self-described Canadian restaurants abound accross the country, of which Canis in Toronto is the latest to wave the flag.

"We know we don't have a 'famous' cuisine, but we also know we do have 'famous' ingredients. B.C. apples, Saskatchewan wheat, Nova Scotia salmon and Manitoba ... stuff," Myers writes.

"Ingredients are what help define Canada. Likewise, Canadian culture as a whole may not be famous, but the 'ingredients' of our culture are."

Well played, Mr. Myers, well played.

Four things I learned from Mike Myers' Canada:

• Paul McCartney wears an Ontario Provincial Police patch for the 1967 Sgt. Pepper's Lonely Hearts Club Band album.

• Maple Leafs is grammatically correct because it is the plural of a name, not a unit of foliage.

•Canadians say been as "bean" vs. Americans, who pronounce it "bin."

• A "Scarborough suitcase" was a 12-pack of beer with a cardboard handle.

RECIPE

Give your day a smooth start

Ricardo Larrivée
For Torstar News Service

A healthy breakfast can be the difference between a good day and a sluggish one. The trick to any well-balanced meal is to have a good mix of protein, fibre-rich carbs and healthy fats.

Cue this smoothie bowl, packed with the creamy goodness of Greek yogurt and blended with a drizzle of maple syrup and antioxidant-rich blueberries, blackberries and banana. Top it with crunchy, homemade quinoa granola, and you have all the nutrition you need until lunch. And it only takes 15 minutes to put together!

This tasty, quick-to-make smoothie breakfast bowl has all the nutrition you need to keep going till lunch. CONTRIBUTED

Smoothie Breakfast Bowl

Ingredients:

• 1/2 cup (125 mL) plain Greek yogurt
•1/3 cup (50 g) frozen blueberries
• 1/3 cup (45 g) fresh blackberries
• 1/2 small banana, sliced
• 1 tbsp (15 mL) maple syrup
• 1/3 cup (40 g) quinoa granola

Directions:

1. In a blender, purée yogurt, three-quarters of the fruit and the maple syrup until smooth. Pour into a small bowl.

2. Top with remaining fruit and the granola.

3. If using fresh blueberries instead of frozen, refrigerate smoothie for several minutes before serving.

Quinoa Granola

Ingredients:

• 1/2 cup (90 g) quinoa, rinsed and drained
•1/2 cup (80 g) shelled pumpkin seeds
• 1/2 cup (75 g) shelled sunflower seeds
• 1/2 cup (65 g) unsalted cashews, crushed
• 1/2 cup (65 g) unsalted shelled pistachios, crushed
• 6 tbsp (90 mL) maple syrup
• 2 tbsp (30 mL) canola oil
• 1/4 tsp salt

Directions:

1. With the rack in the middle position, preheat oven to 325°F (160°C). Line a baking sheet with parchment paper or a silicone mat.

2. In a large bowl, combine all ingredients.

3. Spread mixture onto the prepared baking sheet. Bake for 20 minutes, stirring halfway through cooking. Let cool completely.

The granola will keep for about one month in an airtight container in a cool, dry place.

metro WHEELS
Your essential daily news
Lexus spices up IS with Sriracha paint job at L.A. Auto Show

A driver's car with great tech

REVIEW

CX-9 an easy car to spend time in

Jonathan Yarkony
AutoGuide.com

While every passing week we've spent with the CX-9 proves that it is a driver's car through and through, some days, you just want your car to deliver you to the office with the least amount of stress possible.

Although Mazda isn't anywhere close to Tesla AutoPilot or Mercedes Intelligent Drive in terms of autonomous driving, there are a handful of systems that provide a security blanket, while others take a little bit of the workload off the driver.

The most prominent driving convenience feature of the CX-9 has to be adaptive cruise control, which allows you to set a chosen top speed, and the vehicle maintains that speed but also slows down when approaching slower traffic.

At highway speeds, the CX-9 does so seamlessly, calmly keeping your designated speed and a gap that you can set on the steering wheel controls, both of which are displayed in the head-up display unit along with current speed. In most cases, the CX-9 slows gradually when approaching slower traffic, though not early enough when approaching stand stills or crawling traffic jams.

My main complaint is that Mazda's adaptive cruise cuts out below 24 km/h, unlike some (like the Honda Civic!) that can bring you all the way down to a crawl, and even handle brief full stops during stop-and-go traffic.

Thankfully, the CX-9 also has forward collision alert (Distance Recognition Support System or DRSS and Forward Obstruction Warning in Mazda-speak), which broadcasts a sharp beep when coming up too fast on vehicles ahead. While we rarely needed this, it did on a couple occasions get my full attention when I may have been daydreaming or staring too hard at a Z06.

Meanwhile, there is no shortage of technology inside the car to keep you entertained and informed, accessible via the Mazda Connect interface. We really loved this system at first glance and when we first encountered it in previous models. It has a large, clear, highly visible screen atop the dash close to one's driving sightlines, and the graphics are modern and appealing. While it is a touchscreen, it can only be controlled by touch when the vehicle is stationary, and some functions, like rearranging your audio favourites, are also only available when parked.

While this descends into seriously spoiled-auto-reviewer territory, Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kias and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons for functions at the bottom of the screen take a bit of getting used to.

THE CHECKLIST | 2016 MAZDA CX-9

THE BASICS

Engine: 2.5L turbo four-cylinder
Transmission: Six-speed automatic
Power: 227/250 hp, 310 lb-ft of torque
Curb Weight: 1,950 kilograms
Fuel Economy (L/100 km): 11.2 city, 8.8 hwy
Price: Starts at $37,195; $51,995 as tested (freight included)

LOVE IT

- Mazda Connect
- Forward collision alert

LEAVE IT

- Unclear buttons on steering wheel
- Adaptive cruise cuts out at under 24 km/h
- Satellite radio functions could use an update.

AUTONOMOUS

Hyundai previews self-driving Ioniq

Stephen Elmer
AutoGuide.com

Using its newest electrified vehicle as a platform, Korean automaker Hyundai rolled out the Autonomous Ioniq concept at the 2016 L.A. Auto Show.

Hyundai was quick to highlight that the concept is one of the few self-driving cars currently in development that has a hidden LiDAR system in its front bumper, rather than on the roof. This way, it actually looks like a standard production car and not a "high school science project," as Hyundai so aptly said.

The goal of the concept is to keep self-driving systems as simple as possible, so that they can be cost-efficient to implement, allowing it to be installed in future Hyundai models the average consumer can afford. To make this a reality, Hyundai used the production car's Smart Cruise Control's forward-facing radar, as well as the Lane Keep Assist cameras and integrated them with LiDAR technology.

The company is also developing its own operating system, with the goal of using a lot less computing power to go with the hardware.

Currently, the hidden LiDAR system can detect the absolute position of surrounding vehicles and objects and is complemented by the Forward Facing Radar, which detects the relative location and speed of objects in the vehicle's forward path. There's also a three-camera array that detects pedestrian proximity, lane markings and traffic signals, while a GPS antenna pinpoints the precise location of each vehicle. High-definition mapping data is provided by Hyundai MnSoft, delivering location accuracy, road grade/curvature, lane width and indication data. Lastly, there's a Blind Spot Detection radar to make sure lane changes are done safely.

Hyundai will also bring a pair of Autonomous Ioniq concepts to the Consumer Electronics Show (CES) next January. Those two vehicles will be driving up and down the streets of Las Vegas and will be offering media rides.

Hyundai wanted its self-driving car to look like a regular automobile, not a "high school science project." HANDOUT

HONDA

bchonda.com

Taking a walk with my best friend.
Kyle & Rudy, 100 Mile house

FIND YOUR H PLACE.

Model shown:
Civic EX-HS FC2F8GJY

2016 CIVIC

0.99%* + $750* HOLIDAY BONUS

*APR LEASE OR FINANCE FOR 24 MONTHS ON ALL NEW 2016 CIVIC MODELS

Starting from selling price of $17,750** includes freight and PDI.

2016
North American
Car of the Year

Loaded with features like:

- Apple CarPlay™ & Android Auto™
- Multi-angle rearview camera
- ECON mode and Eco Assist™
- HandsFreeLink™ Bluetooth®

Bring home a HONDA

THE ALL-NEW 2017 RIDGELINE. TRUCK SMARTER.

Starting from selling price of $38,315**
includes freight and PDI.

Model shown:
Ridgeline Black Edition
YK3F8HKN

Loaded with features like:

- 3.5L V6 with 280hp
- ECON mode
- Dual-action tailgate
- In-Bed Trunk™
- 18" alloy wheels

Visit your local BC Honda dealer and bring home your Honda today.

¥ $750 Holiday Bonus lease or finance dollars are available on all 2016 Civic models. Holiday bonus lease/finance bonus dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. * The 0.99% APR lease/finance offer applies to a new 2016 Civic 4D DX 6MT FC2E2GE/Civic 4D LX 6MT FC2E5GE/Civic 4D EX CVT FC2F7GJY/Civic 4D EX-T CVT HS FC1F4GJ/Civic 4D Touring CVT FC1F9GKN for a 24/24 month period. Limited time APR offers available only through Honda Canada Finance Inc. Ω Limited time lease offers available only through Honda Canada Finance Inc., on approved credit. Lease example $17,750 at 0.99% per annum equals $321.45 per month for 24 months (includes $1,595 freight and PDI), with $0 down payment. Total lease obligation of $7,714.80. Taxes, license, insurance and registration are extra. 45,000 kilometre allowance; charge of $0.12/km for excess kilometres. † Limited time finance offers available only through Honda Canada Finance Inc., on approved credit. Finance example $26,891.50 at 0.99% per annum equals $1,132.07 per month for 24 months (includes $1,595 freight and PDI), with $0 down payment. Cost of borrowing is $278.18, for a total obligation of $27,169.68. Taxes, license, insurance and registration are extra. ** Selling Price is $17,750/$20,650/$24,350/$26,750/$28,750/$38,315 based on a new 2016 Civic 4D DX 6MT FC2E2GE/Civic 4D LX 6MT FC2E5GE/Civic 4D EX CVT FC2F7GJY/Civic 4D EX-T CVT HS FC1F4GJ/Civic 4D Touring CVT FC1F9GKN/ Ridgeline V6 Black Edition 6AT AWD YK3F8HKN including freight and PDI of $1,595/$1,595/$1,595/$1,595/$1,595/$1,725. License, insurance, registration and taxes are extra and may be required at the time of purchase. ¥ / * / Ω / † / ** Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, tire/battery tax of $25, or air conditioning fee (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from November 1, 2016 through November 30, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Reserve wins the day for big cat

TESLA P100D

Ludicrous Mode gets even faster

Tesla is making its existing cars even faster and it won't cost current owners a dime. After hinting that the P100D models are getting faster, Tesla CEO Elon Musk has confirmed the Model S P100D Easter egg will allow it to go zero-to-97 kilometres an hour in 2.4 seconds, which is 0.1 seconds faster than it currently is.

JASON SIU/AUTOGUIDE.COM

VANQUISH S

Aston Martin coupe gets an upgrade

Aston Martin has taken its Super GT to a new level with the introduction of the Vanquish S. Along with slightly more performance, the Vanquish S also benefits from a "revised, freer-breathing intake system" that has larger volume inlet manifolds to bring in a greater volume of air to the engine at high revs.

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

F-PACE

Jaguar credits reservation program for success

Jaguar has seen a huge uptick in sales this year and one of the main reasons for the extra cats on the road is the F-Pace crossover. Total sales of the F-Pace this year come in at over 6,000 units thus far, making it the best-selling Jaguar model in the lineup. While it should come as no surprise that the pretty luxury crossover is getting a lot of attention, the automaker credits its reservation program as a huge part of being able to gauge the success. In the US, the automaker allowed customers to reserve an F-Pace or XE online and put down a refundable deposit while still being able to receive incentives, including free navigation and a discount off the first monthly payment.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

PORSCHE

New 911 unveiled in Los Angeles

Porsche has unleashed its all-new race car at the 2016 L.A. Auto Show. The newly developed GT racer takes advantage of the breadth of the Le Mans 24 Hours GT regulations, said Porsche. Along with the 911 RSR's systematic lightweight design, the German automaker has placed the flat-six engine in front of the rear axle, making it mid-engined. It's a 4.0-litre power plant that promises to deliver around 510 horsepower, depending on the size of the restrictor. For the first time, a Porsche GT race car has state-of-the-art assistance systems, and the 911 RSR is equipped with a radar-supported collision warning system.

JASON SIU/AUTOGUIDE.COM

IN BRIEF

Colorado, Silverado pickup trucks heading to China

Chevrolet plans to make full and mid-size American trucks available to Chinese consumers through parallel import in 2017.

As parallel imports the trucks will be purchased by Chinese dealers, directly from GM North America, bypassing official import channels. This will allow the trucks to retail for at least 10 to 20 per cent cheaper than if officially imported by SAIC-GM. The Silverado will only pack its EcoTec 6.2-liter V8 and eight-speed gearbox for the trip across the Pacific.

MICHAEL ACCARDI/AUTOGUIDE.COM

BLACK FRIDAY VALUE ON VEHICLES TO GET YOU AHEAD OF COLD WEATHER

BLACK FRIDAY CASH

$3,500^

NOVEMBER 17 – 28

ON NEW 2016 FOCUS, 2017 FUSION OR 2017 ESCAPE

+

STANDARD WINTER FEATURES:

- ☑ Heated Seats
- ☑ Heated Mirrors
- ☑ Wiper De-Icer

+

NO-EXTRA-CHARGE WINTER SAFETY PACKAGE*

Winter Tires | Rims | Sensors

WITH THE PURCHASE OR LEASE OF SELECT 2016/2017 MODELS **(UP TO $1,519 MSRP VALUE)**

2016 **FOCUS TITANIUM**

2017 **ESCAPE TITANIUM**

Get a simply great Black Friday deal at **findyourford.ca** or visit your BC Ford store.

*IT'S **EASY** TO GET INTO A **FORD***

SiriusXM Available in most new Ford vehicles with 6-month pre-paid subscription.

oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ^ Between November 17 and 28, 2016, receive $3,500 in "Black Friday Cash" ("Delivery Allowance") with the purchase or lease of any new 2016: Focus; 2017: Fusion or Escape. Delivery Allowances are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. Delivery Allowances are not combinable with any fleet consumer incentives. * Receive a winter safety package which includes: four (4) winter tires, four (4) steel wheels (Edge receives alloy wheels), and four (4) tire pressure monitoring sensors when you purchase or lease any new 2016/2017 Ford Fiesta, Focus, Fusion, C-MAX, Taurus, Escape, Edge (excluding Sport), Explorer, Flex, Expedition, F-150, F-250/F-350 SRW between October 1, 2016 and November 30, 2016. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory-supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Some conditions apply. Consult your Ford of Canada dealer for details including applicable warranty coverage. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

5 COOLEST FACTORY WHEELS ON PRODUCTION CARS

There's a good reason the aftermarket wheel industry is booming while performance parts sales are lagging. Many car owners are OK with investing thousands of dollars into having attractive wheels on their cars, some of which are lightweight and help enhance performance. Take a look at the top five coolest factory wheels that come on production cars. **JASON SIU/AUTOGUIDE.COM**

1 Koenigsegg Regera Carbon Fiber Wheel

Arguably the coolest wheels that come on a production car are the carbon fiber rims on theKoenigsegg Regera. The company has made carbon fiber wheel designs for its other vehicles, but the Regera's wheel is unique because it features a design that you wouldn't find in a standard aluminum wheel because it would be too heavy and too weak, according to CEO Christian von Koenigsegg. Oh yeah, and it's centre-locking just like the Porsche 911 GT3 RS.

4 Rolls-Royce Self-Righting Centre Cap

In the world of luxury, there are many aspects of a Rolls-Royce vehicle that stand out. But one of the most unique components is the British automaker's self-righting center caps. While other wheels have their centre caps rotating with the rest of the wheel, Rolls-Royce vehicles feature a weighted logo so that the Rolls-Royce logo is always facing the correct direction. It's a subtle detail, but one of many details that help make Rolls-Royces so exquisite.

5 Porsche 911 GT3 RS

True center-locking wheels are a rarity on production cars, but considering that the Porsche 911 GT3 RS is race-bred, they almost feel like a necessity on the sports car. The car comes standard with 20-inch rollers up front and larger 21-inch wheels in the rear, made from a forged alloy and finished in a platinum paint finish. Compared to the conventional four- or five-bolt wheel connection, the center-lock offers enhanced performance thanks to less rotating mass and, of course, it makes it quicker for a wheel and tire change.

2 Ford GT Optional carbon fiber wheel

Ford actually began offering carbon fiber wheels with its Shelby GT350R Mustang, but the optional wheel heading to the Ford GT is more attractive in our eyes. The lightweight carbon fiber wheel is available in two finishes: matte or a glossy clearcoat. Not only are they incredibly strong, but they're extremely light, helping reduce unsprung weight and rotation inertia to make the Ford GT deliver an even more dynamic driving experience.

3 BMW M4 GTS

The only wheel on this list that doesn't have some sort of a gimmick, the BMW M4 GTS comes with exclusive M light alloy wheels in star-spoke M styling that are forged, polished, and come in a unique Acid Orange color. Unlike other stock wheels that look quite plain, the BMW M4 GTS wheels feature an aftermarket-like design that's stylish and trendy with a bit of retro flair. The Acid Orange highlights really complement the look of the M4 GTS.

How to get rid of the mould in your car

TIPS

This fungus grows in moist conditions

Brooks Harvey
AutoGuide.com

On the scale of gross things that can happen to your car, mould ranks way up there.

Mould can be nasty stuff, especially the dangerous Stachybotrys chartarum and chlorohalonata species, also known as black mould. In the worst-case scenario, mould can even kill you, so if you have it growing on your car seats and interior, you need to deal with it immediately.

The main cause of mould is damp conditions mixed with a warm environment, which can easily occur in your car if you leave your window cracked or your sunroof open on a rainy day, or even spill some liquid on the floor. It only takes a small amount of moisture for mould to grow and it can only take a few days to colonize, but once you have mould in your car, it can be a real pain to get rid of .

Getting it professionally cleaned might be the only option in some cases, and can cost hundreds of dollars. But depending on how bad the situation is, there might be some things you can do to fight the mould yourself.

First off, move your car out of the shade and into direct sunlight, if possible, and open all the windows and doors. This will help dry and air out the car, which you need because mould can't grow in dry conditions. You want to leave them open for at least 20 minutes to let the car air out. Not only does mould smell awful, its spores are hazardous to breathe.

Get yourself a dust mask, because even after letting the car air out, there still might be dangerous mould spores hanging around and you do not want to breathe any into your system.

Now you need to assess the damage and find out exactly how much mould in your car there is and where exactly it is. Check anywhere there is a porous or absorbent surface like all the seats and behind and underneath them. Check the carpet and flooring, and in all the corners, and check the seat belts. If you can unzip your seat covers and check the foam inside, do so, because the mould might have grown right into them.

See if you can scrape off the large mould patches with a brush, but be careful not to spread the spores around any worse than they already have. Once you've broken up the mould clumps, clean up the loose mould. Next, get a bucket of warm water and a PH-neutral shampoo and scrub off as much of the remaining mould as you can. Make sure the car has airflow, though, to keep things drying. If it's not windy enough, get some fans going. Now it's time to bust out the cleaner. Don't ever use bleach or ammonia, because it won't properly kill the mould, just stain it and possibly kill some surface mould. Instead, get an enzyme eater. There are mould-eating enzyme cleaners you can buy that eat away at the mould at a microscopic level. These are available at most hardware stores. But not every car mould infestation is unique, however, and some may need different remedies.

One of the most effective and cheapest, albeit smelliest, ways to get rid of the mould is by using white vinegar. This is also a natural, chemical-free way to get rid of the mould. If the vinegar is distilled it should work great. You'll need some water, a spray bottle, and some rags. Mix eight parts vinegar to two parts water, and give it a good shake.

Don't worry about using too much vinegar when spraying. You're going to want to soak the surface in the mixture. Depending on how bad the infection is, you may be spraying the entire car, so be prepared to do so. Let it sit for another 20 minutes.

This should give it enough time to eat away and kill the mold and for most of the vinegar to dry.

Bleach and ammonia won't actually kill mould. What you need is an enzyme eater. ISTOCK

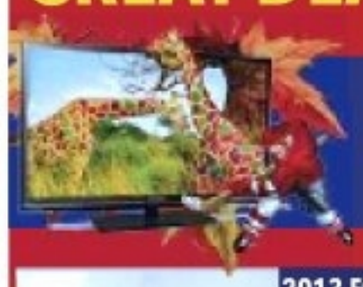
STAY AWAY

You need to remove all of the moisture to make sure mould doesn't come back.

Keep it dry

If you have a dehumidifier, use this in the vehicle to eliminate extra moisture. If you don't have a dehumidifier, sunshine and fresh air should do the trick, and if it's too cold outside for this method to work, use fans and blowers. Worst-case scenario, kitty litter or rice in a sock could help suck some moisture out, too.

GREAT DEALS AT WC AUTO DIRECT



RECEIVE A PAIR OF TICKETS FOR A VANCOUVER HOCKEY GAME OR 42" LED TV WITH EVERY VEHICLE PURCHASED

2013 FORD EDGE LIMITED
Leather seating, huge panoramic sunroof, heated front seats, fog lights, heated power mirrors, dual automatic climate control, premium audio system and more!
VK1174
$180 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $23,000

2008 HONDA CR-V EX-L
4x4, leather interior,heated front seats, power drivers seat, side running boards, alloy wheels, tinted rear windows, A/C, dual zone climate control
V17039A
$215 B/W @ 5.96% OVER 48 MONTHS NOW ONLY $16,000

2016 HYUNDAI ELANTRA GL
Light Tinted Glass, Compact Spare Tire Mounted Inside Under Cargo, Power Heated Side Mirrors, Bluetooth Connection, Auxiliary Input and more!
V16374A
$129 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $16,000

2014 CHEROKEE NORTH
4x4, automatic, great condition, power heated seats, Keyless entry, A/C, Power windows, Power locks, Cruise Control, AM/FM/CD audio system, and roof rails and more!
AB10722
$187 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $23,988

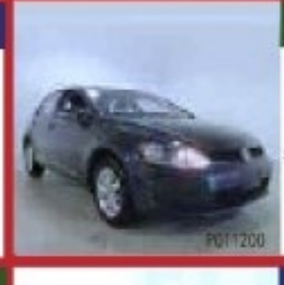
2010 MAZDA 3 GX
Alloy Wheels, A/C, Cruise Control, CD Player, Power Locks, Power Windows, Split Folding Rear Seats, Power Door Mirrors, Telescoping and Tilt Steering Wheel
K17009A
$80 B/W @ 5.97% OVER 66 MONTHS NOW ONLY $6,995

2014 KIA RIO SX
Leather interior, navigation, sunroof, heated front seats, Bluetooth, touch screen infotainment system, power folding mirrors, push to start
KV404647A
$136 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $17,000

2015 KIA OPTIMA EX
Leather interior, automatic, power seat, heated seats, reverse camera, Bluetooth,power folding side mirrors, fog lights, alloy wheels, side mirrors, bi-xenon headlamps
V17008A
$151 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $19,000

2015 KIA SEDONA L
Bluetooth, telescoping steering wheel, four wheel independent suspension, mode select transmission, USB, power heated door mirrors, delay-off headlights
KV270962A
$195 B/W @ 3.99% OVER 84 MONTHS NOW ONLY $26,000

2015 COLORADO LT
5 foot box, Crew Cab, 4x4 , chrome fog light surround, tinted rear windows, power drivers seat, cellphone connectivity, touch screen infotainment system
AB10740
$252 B/W @ 3.99% OVER 84 MONTHS NOW ONLY $33,988



2015 VW GOLF TRENDLINE
Rear privacy cover, rear center cargo pass-through, voice controls, cellular connectivity, alloy wheels, sport steering wheel, power front seats, automatic transmission and more
PG11200
$165 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $20,995

2014 NISSAN ROGUE S
17" steel wheels, LED running lights, power mirrors with LED turn signal indicators, cruise control, 5" color infotainment display, rearview camera, Bluetooth, A/C with rear vent control
AB10743
$187 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $23,988

2014 LAND ROVER LR2
Automatic Headlights, Auxiliary Audio Input, Bluetooth, Brake Assist, Cargo Shade,Climate Control, Cruise Control, Dual Moonroof, Engine Immobilizer, Turbocharged
AB10715
$244 B/W @ 3.99% OVER 84 MONTHS NOW ONLY $32,888

AUTO DIRECT PARTS & SERVICE Formerly Richmond Suzuki

TIMING BELT REPLACEMENT
15% OFF
ALL MAKES & MODELS

Is your car due for a Timing Belt? Most manufacturers recommend changing the timing belt around 96,000kms.
Bring your Domestic or Import vehicle to WC Auto Direct, and receive 15% off parts and labour.
Present this coupon at time of purchase. Limit one per customer. Cannot be used with another coupon or promotion. EXP 11/30/2016

AUTO DIRECT
3771 NO.3 ROAD, RICHMOND, BC
(OPPOSITE YAOHAN CENTRE)
CALL US TODAY
1.855.582.3691
FOR YOUR QUICK APPROVAL!
WWW.WCAUTODIRECT.COM

Anna Joseph Christopher Jinho

All prices are subject to documentation and tax. Payments include tax and $895 documentation fees. Terms based on the above listed rates and over varied listed months. All ICBC reports and Car Proofs available on request. DL #31151

No matter how good of a driver you think you are, winter tires are a necessity for anyone driving in a colder climate. Remember, they're winter tires, not snow tires. ISTOCK

Tips for making the winter-tire switch

SEASONAL

Doing your own change is inexpensive and rewarding

Dan Ilika
AutoGuide.com

Here's a cold, hard, and undeniable fact about winter tires: If temperatures stay below about 7C over the winter where you live, you need them.

Yes, even your four-wheel drive truck or SUV should be fitted with four winter-rated tires. It's called four-wheel drive, not four-wheel stop, and sending power to more wheels isn't going to slow you down any quicker.

And before you start reminding yourself of just how good of a driver you are, know that it matters little when so many variables come into play out on the road, the least impactful of which is snow.

Remember, they're winter tires, not snow tires.

Even on dry pavement, winter tires provide better traction through a softer rubber compound that has a lower freezing point.

For those that do use winter tires, I salute you. But lugging your tires to the local shop for your bi-annual change can be tough on the back, not to mention the pocketbook, and swapping them yourself can be a rewarding and inexpensive task.

It also provides a great opportunity to anticipate — and in some cases prevent — repair or replacement bills before they get out of hand.

With winter just around the corner, here are five helpful tips to keep in mind when changing your tires.

Be safe and smart

Whether you're changing your tires in your driveway or you have access to a garage with a lift, it's important to do so with safety in mind and the right tools at hand. If you're changing your tires at home, it's important to use a floor jack rated for the weight of your vehicle, jack stands to support its weight, and wheel chocks to keep it from rolling.

It's best to do the job one end at a time, starting with the front or rear. Use the proper size socket on the lug nuts, and a torque wrench to apply the proper amount of torque when putting the wheels on.

Loosening and tightening the lug nuts is a two-step process. When removing the wheels, the lug nuts should be loosened, though not removed, when the vehicle is on ground using a breaker bar. Likewise, the lug nuts should be torqued with the wheels firmly on the ground.

Check the condition of your wheels and tires

This goes for both the set that's going on and the one that's coming off.

While running a separate set of tires for the winter months will prolong the lives of both sets of tires, wear still happens. Normal wear sees tread depleted at the same rate, relatively speaking, across the tire, while uneven wear can affect one side or the other and could be a sign of suspension issues.

It's also important to ensure no wheel weights have fallen off, and that the wheels' mounting surfaces are clean in order for them to sit flush with the hubs.

Label the tires coming off

When swapping your tires, don't forget to label them individually as they come off the car. A piece of masking tape with a simple "left front" or "right rear" will suffice.

When it comes time to put them back on, you'll know where they go. It's also important to rotate the tires wisely.

Directional tires can only be switched from front to back on the side they belong, whereas symmetrical tires can be switched side to side.

The winter and spring switching points are the perfect time to rotate tires to ensure even wear and long life.

Perform a visual inspection

You don't have to be a mechanic to know that damage could spell trouble for you and your vehicle.

That's why it's important to perform a visual inspection of any visible suspension and brake components once you've removed your wheels. Check components like brake lines, bushings and struts for fraying, cracking or leaking.

> Before you start reminding yourself of just how good of a driver you are, know that it matters little when so many variables come into play out on the road, the least impactful of which is snow.

+ STORAGE

Once you get your wheels and tires swapped, it's important to store the ones you aren't using properly.

Clean
Be sure to clean them — yes, even the insides — and let them dry before placing them in airtight bags to prolong their lives.

Proper place
Store them flat on their sidewalls in a cool, dry place, and out of direct sunlight if possible.

metro SPORTS

Police ejected but didn't arrest two Manchester United fans who slept over at Old Trafford after a tour to try to watch Saturday's match vs. Arsenal

Sutter finally settling in with the Canucks

NHL

Forward hitting his stride after injury-plagued 2015-16 season

Brandon Sutter had a lot of lonely days last season.

Acquired by the Vancouver Canucks in a trade with the Pittsburgh Penguins in July 2015, the forward was limited to just 20 games with his new team because of injury.

Sutter's issues began with a sports hernia that required surgery and kept him out from mid-November until the end of January, and a broken jaw that ended his year just four games into his return.

The run of bad luck seems to have ended. Sutter is set to suit up for the 20th time this season when Vancouver opens a three-game road trip in Arizona on Wednesday, and the 27-year-old is thankful he's finally getting a chance to show what he can offer on a nightly basis after some dark times.

"It's nice just to be part of it again," Sutter said after practice Monday. "The hardest thing when you're out is you feel like you're kind of on your own team. It's hard. It's nice to be around the guys every day and have a normal routine.

"That's when you start to find your game a little bit."

Spectators react behind Brandon Sutter after the Canucks forward scored against the Blackhawks on Saturday Nat Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Sutter has found his stride over the last week, especially on the scoresheet. He has 11 points on the season, and has scored in four straight games while playing as a winger on the top line with Henrik and Daniel Sedin.

5

Sutter has five goals and six assists on the season.

"He's really raised the level of his game," said Vancouver head coach Willie Desjardins. "You can tell when guys are pushing hard. He's playing hard at both ends of the rink."

A natural centre, Sutter took the place of Loui Eriksson, who signed a big-money free-agent deal with the Canucks this summer, alongside the Sedins and has led all Vancouver forwards in ice time the last two outings — a 3-2 overtime victory against the Coyotes at home on Thursday and a 4-3 overtime loss to Chicago on Saturday.

And while the Canucks (7-10-2) were encouraged by the first two periods and the overtime session versus Chicago, they were still left picking up the pieces after blowing a 3-0 third-period lead.

"We easily still could have won that game," said Sutter. "Any time you get a 3-0 lead you want to make sure you capitalize and finish the game, but we took a lot of positives the way we played.

"If we play like that going forward we're going to win our fair share of games."

THE CANADIAN PRESS

CFL

Lions assess their season upon its end

The B.C. Lions made some big strides in 2016. Picked by many to occupy the CFL's basement, the club surged up the standings to finish with the league's second-best record before winning a playoff game for the first time in five years.

B.C. was a confident bunch prior to Sunday's West Division final in Calgary, believing to a man that an upset was in the cards. But for all the good vibes the Lions felt this season, the powerhouse Stampeders showed them in no uncertain terms how far they still have to go.

The players trudged into their suburban practice facility on Tuesday to gather their things and say goodbye, less than 48 hours after suffering a humiliating 42-15 loss.

"We're a good team, but we've got to be better," said B.C. quarterback Jonathon Jennings. "That's on everyone. We all have to grow. We all have to continue to understand that the standard was Calgary this year and we've got to continue to march toward that standard."

"We believed that we had a good enough team to actually get to the Grey Cup."
Solomon Elimimian

The Lions finished the regular season 12-6 before squeaking out a last-minute victory over Winnipeg at home in the first round of the playoffs.

THE CANADIAN PRESS

IN BRIEF

Impact get leg up on Toronto

The Montreal Impact built a three-goal lead and then barely hung on for a 3-2 victory over Toronto FC in a wild opening game of their MLS Eastern Conference final on Tuesday night.

Dominic Oduro, Matteo Mancosu and Ambroise Oyongo put the Impact in front in the opening 53 minutes, but Jozy Altidore and Michael Bradley answered with goals before a roaring sellout crowd of 61,004 at Olympic Stadium in Montreal. THE CANADIAN PRESS

Vegas Knights are Golden

The NHL's newest team is named the Vegas Golden Knights.

Owner Bill Foley and NHL commissioner Gary Bettman announced the Las Vegas expansion franchise's official name and revealed its logo Tuesday night at a gala ceremony outside T-Mobile Arena, where the Golden Knights will begin play next season. THE ASSOCIATED PRESS

RECIPE Chicken with Beans and Rice

PHOTO: MAYA VISNYEI

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 60 minutes
Cook time: 50 minutes
Serves 4

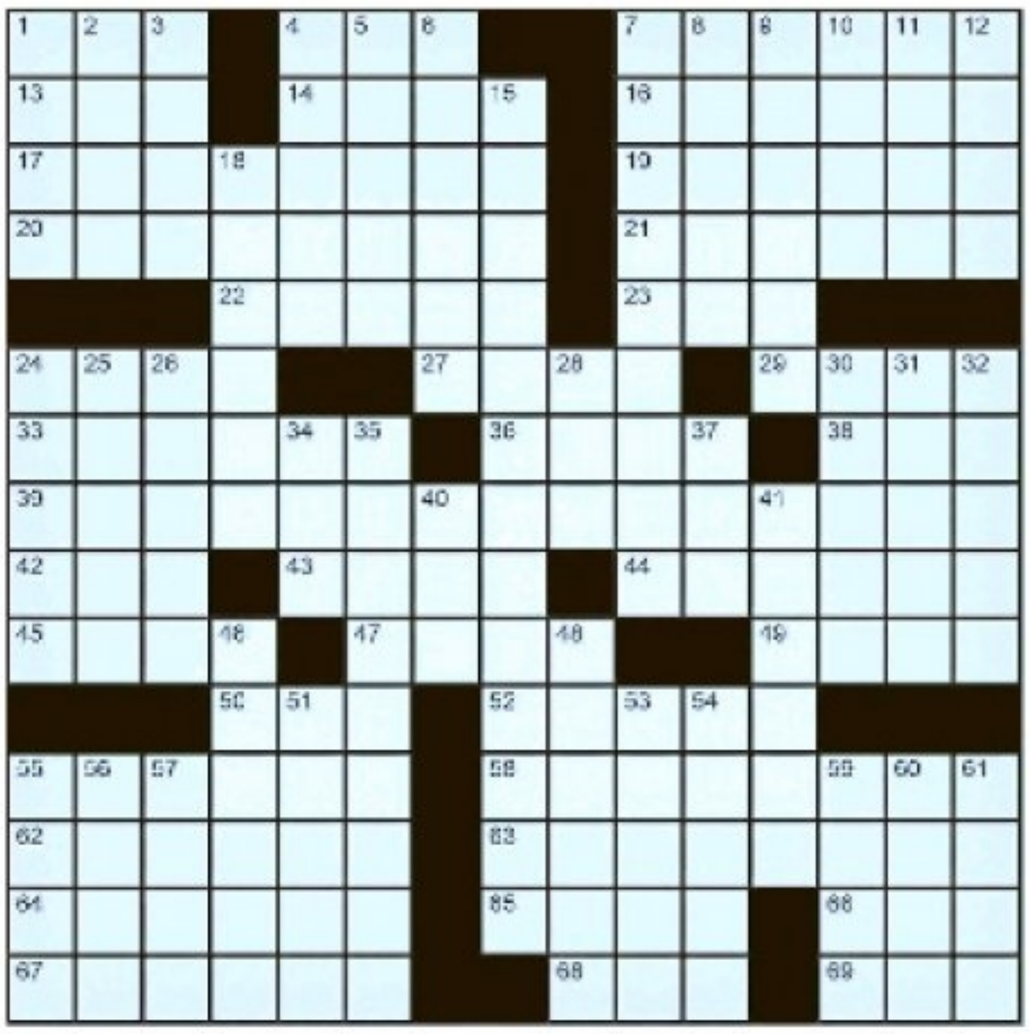
Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions
1. Preheat oven to 350 F.
2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer: 2 wds.
17. __ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey: 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give __ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythology hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long __ both shall live?"
50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company, __ Human Steps
63. Mix, as oil and vinegar
64. Got slippery, like a Winter road: 2 wds.
65. 1990s kind of party
66. Ms. West
67. Gives a speech for the bride and groom
68. __ worth
69. Belonging to the Beaver State, for short

DOWN
1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality
5. Blood __
6. Ringed planet
7. __ scale, in music
8. "Don't be such __!" (Show some enthusiasm!)
9. Negative response to The Queen, informally: 2 wds.
10. Curious as __
11. Cornmeal bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An __ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hershiser's of baseball
31. "__ Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "__ all good." (No worries)
35. Golfing hazards: 2 wds.
37. ___ Prince Albert of Monaco
40. __'easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armee du __ = The Salvation Army
53. Particular purple
54. Chesterfield __ (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, __ Rabanne
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

Taurus April 21 - May 21
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

Gemini May 22 - June 21
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

Cancer June 22 - July 23
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

Virgo Aug. 24 - Sept. 23
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

Libra Sept. 24 - Oct. 23
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

Scorpio Oct. 24 - Nov. 22
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

Sagittarius Nov. 23 - Dec. 21
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

Capricorn Dec. 22 - Jan. 20
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

Aquarius Jan. 21 - Feb. 19
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

Pisces
Feb. 20 - March 20
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
		2				6		
	6	5				3	9	
7								2
2								1
	9	6	8		5	7	4	
			5		6			
		1				5		
		8	7	3	9	1		

For details, visit your neighbourhood HSBC Bank Canada branch or HSBC.ca/offer

*Terms and conditions apply. Issued by HSBC Bank Canada

HSBC Advance

INspiration
HOME AND OFFICE FURNITURE WITH AN ATTITUDE

BLACK FRIDAY

22% OFF

STOREWIDE

Applies to new orders only, cannot be combined with other offers. See store for details.

ONE DAY ONLY

STORE OPEN FROM 9 - 9

www.INspirationFurniture.ca | 1275 West 6th Ave Vancouver | 604.730.1275

BLACK FRIDAY

BEST OFFERS

WEDNESDAY, NOV. 23
to
SUNDAY, NOV. 27

SAMSUNG GEAR FIT2
SMARTWATCH BT 4.1 / WI-FI / GPS
~~$249.99~~ $159.99

SAMSUNG BD-J5700 BLU-RAY PLAYER / WI-FI / SMART
~~$119.99~~ $49.99

SAMSUNG GALAXY TAB E
9.6-IN / WI-FI TABLET / QUAD-CORE / 16GB / ANDROID 5.0 LOLLIPOP (SM-T560)
~~$329.99~~ $179.99

SAMSUNG GALAXY TAB
S2 (SM-T810) WI-FI TABLET 9.7-IN SCREEN / OCTACORE / GOLD / ANDROID 5.1 LOLLIPOP / 32GB
~~$519.99~~ $369.99

SAMSUNG UN40J6200 40-IN LED 1080P / 120HZ SMART TV
~~$699.99~~ $449.99

SAMSUNG UN58H5202 58-IN LED / 1080P / 60HZ / SMART TV
~~$899.99~~ $599.99

SAMSUNG LT24E310ND/ZA 24-IN LED / 720P / 60HZ TV + MONITOR
~~$249.99~~ $149.99

SONY MDR-ZX330BT BLUETOOTH STEREO HEADSET
~~$99.99~~ $59.99

MICROSOFT SURFACE 3 / 4GB / 128GB / WINDOWS 10
~~$799.99~~ $499.99

ACER ASPIRE ES1-531-C6FQ
INTEL-CELERON DUAL CORE N3050 (1.6GHZ) / 4GB RAM / 500GB HD / 15.6-IN SCREEN / INTEL HD GRAPHICS / WIN 10 HOME / 3-CELL
~~$399.99~~ $299.99

SAMSUNG 55" 4K ULTRA HD LED TIZEN SMART TV (UN55KU6290FXZC)
~~$1499.99~~ $999.99

SAMSUNG UN65J620D 65-IN LED 1080P / 120HZ SMART TV
~~$1499.99~~ $1099.99

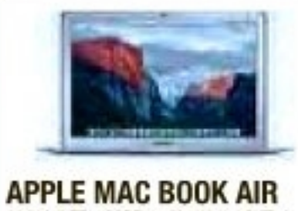
APPLE IPAD AIR 2 64GB WI-FI GOLD
~~$599.99~~ $449.99

SAMSUNG GRAND PRIME UNLOCKED CELLPHONE 8GB / 8MP
~~$189.99~~ $119.99

SAMSUNG GALAXY J1 8GB / BLACK / QUAD-CORE / 4.5-IN
~~$149.99~~ $99.99

SAMSUNG GEAR ICONX
SM-R150 CORD-FREE FITNESS EARBUDS BUILT-IN FITNESS TRACKER / 4 GB MUSIC STORAGE
~~$279.99~~ $179.99

APPLE TV 32GB 4TH GENERATION
~~$189.99~~ $139.99



APPLE MAC BOOK AIR
A1466 INTEL-CORE I5-4250U (1.3GHZ) / 4GB RAM / 128GB FLASH STORAGE / INTEL HD GRAPHICS 5000 / 13.-IN WIDE SCREEN / OS X 10.9.3 MAVERICKS (MD760LL/A)
~~$1299.99~~ $899.99

APPLE IPAD MINI 4 64GB GOLD
~~$519.99~~ $399.99

APPLE IPAD PRO 9.7" 32GB WITH WI-FI - GOLD
~~$799.99~~ $649.99

VIZIO D50U-D1 50-IN LED 4K UHD / 120HZ SMART TV
~~$749.99~~ $499.99

VIZIO D55U-D1 55-IN LED / 4K UHD / 120HZ SMART TV
~~$899.99~~ $649.99

VIZIO D65U-D2 65-IN LED / 4K UHD / 120HZ / SMART TV
~~$1499.99~~ $1099.99

DYSON AM05 FAN HEATER (1 YEAR DYSON WARRANTY)
~~$399.99~~ $279.99

SAMSUNG GALAXY TAB A 8" 16GB ANDROID 5.0 LOLLIPOP TABLET (SM-T350)
~~$279.99~~ $159.99

SAMSUNG GALAXY TAB PRO S 2-IN-1 INTEL-CORE M3-6Y30 / WI-FI / 12-IN TOUCHSCREEN / 4GB RAM / 128GB SSD / WIN 10 PRO
~~$1199.99~~ $699.99

DYSON DC41C CANISTER VACUUM
(MANUFACTURE RECERTIFIED WITH 2 YEARS DYSON WARRANTY, COLORS MAY VARY. RAIN CHEQUES AVAILABLE IF SOLD OUT.)
~~$499.99~~ $299.99

DYSON DC66 UPRIGHT VACUUM CLEANERS FULL SIZE
(MANUFACTURE RECERTIFIED WITH 2 YEARS DYSON WARRANTY, COLORS MAY VARY. RAIN CHEQUES AVAILABLE IF SOLD OUT.)
~~$499.99~~ $299.99

DYSON DC77 UPRIGHT VACUUM CLEANERS
(MANUFACTURE RECERTIFIED WITH 2 YEARS DYSON WARRANTY, COLORS MAY VARY. RAIN CHEQUES AVAILABLE IF SOLD OUT.)
~~$799.99~~ $419.99

DYSON DC78 CANISTER VACUUM
(MANUFACTURE RECERTIFIED WITH 2 YEARS DYSON WARRANTY, COLORS MAY VARY. RAIN CHEQUES AVAILABLE IF SOLD OUT.)
~~$699.99~~ $399.99

openbox.ca
SINCE 1993

LOWEST PRICED ELECTRONICS IN VANCOUVER

VISIT OUR WAREHOUSE LOCATIONS AT:
#64-7789 134th Street, Surrey 604-507-8324
1608 SE Marine Drive, Vancouver 604-321-9339
#1096-1163 Pinetree Way, Coquitlam 604-472-0828

OPEN HOURS
Monday & Tuesday 12:00 pm to 6:00 pm
Wednesday to Friday 12:00 pm to 7:00 pm
Saturday & Sunday 12:00 pm to 5:00 pm